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Celebrity Buzz

Janet Jackson confirms split
pg 33



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Jury asks for clear definition

BULATCI TRIAL A jury has asked a judge to clarify some information while it decides the fate of an Alberta man charged in the murder of a northern RCMP officer two years ago.

Emrah Bulatci, who is 25, admitted during his trial that he shot Const. Chris Worden while the officer was chasing him in October 2007 in Hay River, N.W.T.

The jury came back yesterday afternoon to ask Justice John Vertes for a written legal definition of first-degree murder and manslaughter, with an emphasis on intent.

THE CANADIAN PRESS

News on the Move

What's this barcode for?
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Urban Foodie pg 32



Murrieta's impeccable

Style pg 26



Choice curves for new boots

On the web
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Rexall Place **Manslide**



JOHN ULAN/THE CANADIAN PRESS

Edmonton Oiler Tom Gilbert can't stop Colorado Avalanche forward Milan Hejduk, left, as he scores on Oilers goalie Jeff Deslauriers, right, during first period NHL hockey action at Rexall Place last night. The Oilers did stop their losing streak, defeating the Avalanche 6-4. Story, page 16.

Torture shocker

Diplomat says feds turned blind eye in Afghanistan

A federal official has dropped a political bombshell on Parliament, alleging suspects handed over by Canada to Afghan authorities were tortured — and the government was at best indifferent and at worst tried to cover it up.

Richard Colvin, an intelligence officer based in Washington who spent 18 months in Afghanistan in the No. 2 diplomatic post, delivered the stunning revelations to a packed committee room yesterday.

His calm, precise recitation to the special House of Commons committee on Afghanistan directly contradicts nearly three years of assurances by the Conservative government that there was no credible evidence prisoners handed over to local authorities were abused, in violation of international law.

Colvin said the sweeping roundups of prisoners — many of them likely innocent — and their subsequent abuse has driven a wedge between Canada and the people of Kandahar, and destroyed much of the goodwill soldiers have fought and died to achieve.

In a meticulous seven-page opening statement, Colvin picked apart the handling of the prisoner issue by the Conservative government and the military, starting with the assurance that no torture had taken place.

He said he was ordered not to write about prisoners, and soon afterward reports from the field began to be "censored" and revised to the point where diplomats could "no longer write that the security situation in Afghanistan was deteriorating."

Conservative MPs on the committee were indignant and said Colvin's testimony amounted to hearsay. They insisted he had provided no "first-hand" proof of torture, despite having seen bruises and other marks of abuse on the prisoners he interviewed.

THE CANADIAN PRESS

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Surgeon pleads not guilty to murder-for-hire plot

CHARGES A laser eye surgeon in the United States has pleaded not guilty to an alleged murder-for-hire targeting two colleagues with Canadian roots.

Dr. Michael Mockovak also had his bail lowered from $3 million to $2 million, a court spokesman said yesterday.

Mockovak, 51, is accused of paying $10,000 to an informant for the murder of his business partner, Dr. Joseph King. The pair founded Clearly Lasik laser surgery clinics in Washington, Oregon, Alberta and British Columbia.

Prosecutors allege Mockovak also targeted Brad Klock, a former hockey player from Port Alberni, B.C., who had sued the company after being dismissed from his job as president. King, who was trained in British Columbia and practises at the Canadian clinics, is frightened for his life and worried about his family's safety, his lawyer said by email after yesterday's bail hearing.

"We had requested substantially higher bail," said Anne Bremner.

THE CANADIAN PRESS

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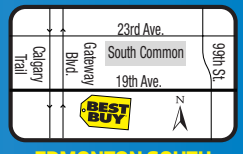
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Local

Glitter for charity at SnowBall

The 7th Annual SnowBall in support of the Alberta Cancer Foundation drops tonight at the Sutton Place Hotel. Funds are raised through ticket sales, donations, silent auction and a raffle. This year, proceeds will go towards the purchase of a diagnostic testing machine that determines what type of chemotherapy a patient needs. Tickets are $35 each. Call 780-432-8500. METRO EDMONTON

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News in brief

ARREST Police have arrested three men in connection with two separate robberies Sunday. Nicholas Steinauer, 22, Newton Frencheater, 22, and Blaine Cardinal, 22, have been charged.

PATROL In the second week of Checkstops, only 33 24-hour suspensions were handed out, compared with 77 in 2008.

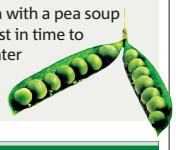
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WHAT'S ONLINE TODAY

Video On the ground with Canadian troops as they deal with dozens of IEDs in latest Afghan battle at **metronews.ca/canada**

Blogs The Global Peasant checks in with a pea soup recipe just in time to fight winter chills.



Lotteries

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'Best' cabbie praised as unsung hero

ANDREAS MORSE
for Metro Edmonton

If you've ever hailed a cab and had the driver open the door for you, chat with you and get you to your destination safely and on time, chances are you've met Balwinder Dhanoa, Edmonton's best cab driver.

Dhanoa, a driver and training instructor with Co-op Taxi, has had his chauffeur's licence for 30 years and says he's still committed to life-long learning.

The 68-year-old has dealt with rude customers, cab dashers and was assaulted by two teenagers in April. But despite all the adversity, Dhanoa still loves his job.

"I enjoy my work because I get to talk to people and when they're happy they make my day and job very joyful," he said.

Dhanoa was the recipient of the Vehicle for Hire Commission's Best Driver of the Year award at city hall yesterday.

Hatem Naboulsi, chair of the Vehicle for Hire Commission, said Dhanoa and his colleagues are the unsung heroes of Edmonton's roads.

"They are the unofficial ambassadors of our city," he said.

Dance **Sunlight on concrete**



CANDICE WARD/FOR METRO EDMONTON

Brian Webb, of the Brian Webb Dance Company, and Nancy Sandercock perform a preview of their show yesterday. The Effect of Sunlight Falling on Raw Concrete is on this weekend at the John L. Haar Theatre.

Vaccine list grows

Flu Outbreak

HEALTH Children and families are next in line to receive their H1N1 vaccinations starting Friday, provincial health officials announced yesterday.

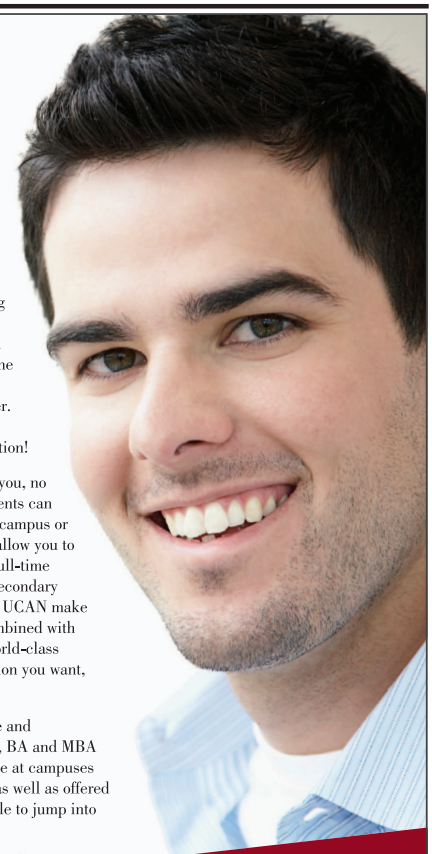
The immunization program will expand to include all children under 18 years old as of Nov. 1, as well as their immediate family members and caregivers living in the same household. METRO EDMONTON

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Sculpture show opens at Common Sense

Starting Nov. 20, Common Sense presents Ryan McCourt's "Portrait Helmets," an exhibition of 11 recent brass sculptures by the award-winning Edmonton artist. The event opens with a public reception at Common Sense (10546 — 115 St.) at 7 p.m. Friday, with the artist in attendance, and runs until Dec. 20. METRO EDMONTON

Bakery reopens after pest infestation

ANDREAS MORSE
for Metro Edmonton

A north-end bakery has reopened its doors after a pest infestation shut it down for the second time in six months.

A species of beetle, larvae, and maggots were found in the equipment, food containers and food storage and prep areas of Cay's Bakery (15719 — 116 Ave.), health inspection officials said yesterday.

"They have complied and the order has been rescinded," said Ambrose Law, Alberta Health Services inspector. "They have cleaned out all the equipment as well as removed all the contaminated food that we noted."

Though the order was rescinded, he added the bakery is on the health authority's radar, as the business has a history of pest infestations.

Owner Phong Tran said the bugs came from bags of flour left open and forgotten in a corner.

"We were using the bags before but the customers stopped ordering that kind so I put them in the corner and forgot about them for a long time," he said.

Previous infraction

- Cay's Bakery was closed for a similar situation in May. Tran dealt with the pests at that time and the order was rescinded.

METRO EDMONTON

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CANDICE WARD/FOR METRO OTTAWA

Marjorie Bencz, spokeswoman for the Edmonton Food Bank, helps kick off the Stuff A Bus campaign yesterday at the Kingsway Save-On Foods.

Stuff a bus for the food bank

CANDICE WARD
for Metro Edmonton

With Christmas just around the corner, Edmontonians will be stuffing stockings, turkeys and, starting Monday, a bus.

The Edmonton Food Bank has partnered with ETS once again for another holiday Stuff A Bus donation campaign.

"It's been a challenging year for people turning to the Food Bank and it's been a challenging year for the organization to keep up with the demand," said Marjorie Bencz, executive director of the Edmonton Food Bank.

Since the demand for food is much higher this holiday season, the Edmonton Food Bank hopes to raise $900,000 and 240,000 kilograms in non-perishable food for the holidays.

"There is a different need in our community than there has been," Bencz said.

The loss of the Bright Nights Festival has left a 30,0000-kilogram hole in the charity's stockpile. "With the increased number of people coming to us, we're appealing more to people to help us out during these events," Bencz said.

The 15th annual campaign will run Nov. 23 to Nov. 28, with a goal of collecting 30,000 kilograms of food for the Edmonton Food Bank.

"The Christmas and festive campaigns are really important ones for the Food Bank because it not only sets the tone for now but also into the new year," Bencz said.

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Hey Edmonton! We invite you to visit West Edmonton Mall to check out the top 30 photos from Canada in the Metro Global Photo Challenge Exhibit

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Debt to clear half-trillion mark: CTF
The federal government's debt will zip back over the half-trillion-dollar mark this Sunday evening, the Canadian Taxpayers Federation says. THE CANADIAN PRESS

Canada

Harper ends tour with temple visits

India's stunning contrasts were once more in evidence as Prime Minister Stephen Harper concluded a three-day tour of the emerging South Asian economic giant.

While investment and trade were the ostensible touchstones of Harper's first visit to the Indian subcontinent since coming to power four years ago, tours of a pair of very different temples yesterday served to provide the Conservative prime minister with some Indian multicultural bonafides on the home front.

"This trip is the culmination but it's also the jumping off point," Harper said in a brief wrap-up interview with two Canadian reporters chosen by the Prime Minister's Office.

"It's the culmination for a lot of that we've been doing for the past two or three years to really try to rebuild and build up our relationship with India and get it on a different plane."

That would be a Conservative plane, judging by the spectacular and politically savvy choice of sites for Harper's final two photo opportunities of the visit. Harper began the day at the BAPS Swaminarayan Akshardham Temple, a majestic sea of tranquility off a busy New Delhi highway. He then flew an hour northwest of the capital to Amritsar, the country's Sikh heartland and home to the famed Golden Temple.


ADRIAN WYLD /THE CANADIAN PRESS

Prime Minister Stephen Harper is shown yesterday as he visits the Golden temple in Amaritsa, India.

THE CANADIAN PRESS

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Liberals slam accusatory flyers

POLITICS Angry Liberals accused the Conservative government yesterday of reaching a new political low by circulating flyers accusing the Liberals of being anti-Semitic.

The "scandalous" flyers, which feature a photo of Prime Minister Stephen Harper, target ridings with large Jewish communities.

They accuse the Liberals of participating in the 2001 UN racism conference in Durban, South Africa, which the pamphlet describes as overtly anti-Semitic, supporting terrorist groups Hamas and Hezbollah and specifically go after Liberal Leader Michael Ignatieff for accusing Israel of committing war crimes. "It is the lowest that I have seen in all of my experience on Parliament Hill ... Nobody could have ever imagined that the prime minister of Canada and a Conservative party could stoop this low. It's the worst of the worst," Toronto Liberal MP Joe Volpe said.

"It is the lowest that I have seen in all of my experience."
Liberal MP Joe Volpe

TORSTAR NEWS SERVICE

News in brief

WOMEN'S ISSUES Activists are challenging Prime Minister Stephen Harper to "change the lives of women and girls around the world" by making their concerns a priority at next year's G8 and G20 summits. Catherine MacDonald, executive director of Action Canada for Population and Development, says more than 500,000 women and girls die each year from pregnancy-related problems. MacDonald says one in 7,300 Canadian women die from complications in pregnancy and in childbirth, while in Afghanistan the rate is one in seven.

INCARCERATION A Canadian businessman caught up in a murky international terrorism plot who had been set to appear in a Chicago court today seeking bail will remain behind bars at least until Dec. 2. It was not immediately clear why the hearing was delayed. The prosecution did say yesterday it planned to fight to keep Tahawwur Rana behind bars as authorities in the United States, India and Pakistan attempt to nail down a case against him. "The government is opposing his release on bail," a Department of Justice official said.

THE CANADIAN PRESS

Canada to wait on GHG regulation: Prentice
Canada will wait to regulate its greenhouse gases until the world reaches a climate-change deal, Environment Minister Jim Prentice says. THE CANADIAN PRESS

Canada should pull out, says Afghan official

She sleeps in safe houses, with a rotating squad of bodyguards securing the doors. She goes out only in a billowing burqa. And even her wedding was held in secret.

Elected the youngest member of the Afghan parliament — and suspended for her outspoken criticism of the country's top officials — Malalai Joya has been labelled the bravest woman in Afghanistan.

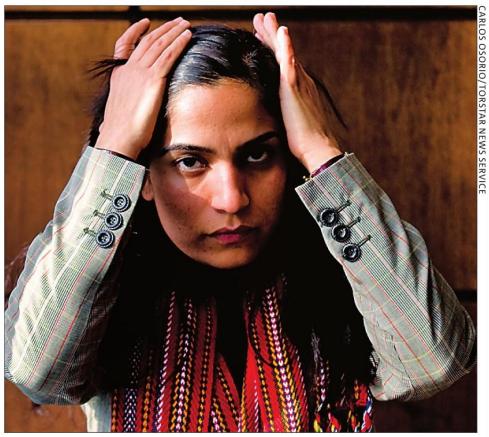
Small, soft-spoken and now 31, she has survived at least four assassination attempts and is angry at the oppressive life she is forced to lead, dodging enemies she has denounced as bloody-handed warlords and drug kingpins.

But as President Hamid Karzai is inaugurated Thursday for another four years in office after a fiercely disputed election, she says his term is already tainted by the corruption, criminality and violence of those around him.

"(Prime Minister) Stephen Harper says this election was a success," she says. "But Karzai has not only insulted, but betrayed the Afghan people."

Karzai has vowed to launch anti-corruption investigations under pressure from Washington. But, Joya insists, Canada is wasting blood and treasure on keeping his government in power.

"Canada should pull its troops out now," she said in Toronto yesterday, on a tour for her book A Woman Among Warlords, co-written with Canadian peace activist Derrick O'Keefe. TORSTAR NEWS SERVICE



CARLOS OSORIO/TORSTAR NEWS SERVICE

Malalai Joya has been called the bravest woman in Afghanistan. She's an outspoken Afghan MP who challenges the warlords and government. She believes Canada should leave her country.

Read Kids' Metro! *Special edition out on Friday, 20th*

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On Friday, November 20th, it's Kids Day at Metro! We're celebrating the 20th anniversary of the adoption of the Convention on the Rights of the Child by the United Nations. Read about the leaders of the future: and find out what Canadian kids would do if they ruled the world. Also an exclusive interview with Annie Lennox on her children campaign.



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Toronto subway system strands commuters

Thousands of Toronto commuters were stranded last night when subway service on the Yonge Street line was halted due to a damaged bridge. The TTC says 300,000 people were directly affected by the closure and thousands more faced delays. THE CANADIAN PRESS



ANDREW VAUGHAN/THE CANADIAN PRESS

Sidney Crosby, a Cole Harbour, N.S., native, carries the Olympic torch in Halifax last night before a crowd of close to 20,000 people.

Crosby carries Olympic torch

VANCOUVER 2010 Games

Sidney Crosby has added another iconic piece of hardware to the collection he's hoisted in his stellar hockey career — the Olympic torch.

Huddled under the glow of street lights, thousands of people lined both sides of a downtown Halifax street last night to watch the captain of the Stanley Cup-winning Pittsburgh Penguins grasp the torch in a mitten-covered hand.

Clad in an official torchbearer uniform, the 22-year-old grinned and jogged below historic Citadel Hill as the bright, orange flame burned above his head.

"You look at the people out there, you see the signs of the excitement," Crosby said later about the massive crush of fans who slowed his jog to a crawl.

"You never dream of carrying the torch. For me, that wasn't something that I ever thought would be a possibility."

At one point in his short, 300-metre jaunt, Crosby stopped and turned slowly with the torch, eliciting wild cheers from the delighted crowd.

His jog turned into a walk when a sea of fans and flashing cameras swallowed him and snowboarder Sarah Conrad as they exchanged flames. Conrad, a native of Dartmouth, N.S., later lit a cauldron in front of Halifax city hall.

Crosby, who won the Art Ross Trophy as the NHL's leading scorer and the Hart Trophy as league MVP, said the opportunity to return to his home province and run with the torch was too good to pass up.

"It's not just about me carrying the torch or another person — this is a celebration of the whole country and just to be a part of that, I feel so honoured," Crosby said. "Whether I was playing hockey or whether I was someone here locally who just got the chance to do it, I think we can all say that it's a tremendous opportunity and we're proud to be able to do it."

Crosby was one of 12,000 torchbearers tasked with carrying the flame across Canada as part of a massive relay. THE CANADIAN PRESS

Groups plan to protest at torch relay

SEAL HUNT A pair of animal-rights groups are planning on protesting the seal hunt during the Olympic torch run over the next few months.

However, organizers say they won't disrupt the run and will instead be inflating a giant seal named Sparky at locations away from the spectators.

Dan Mathews, the senior vice-president of People for the Ethical Treatment of Animals, said yesterday his group will use "the opportunity" of the torch tour to deliver its message that the seal hunt should be banned.

He says with "the eyes of the world" on Canada, his group "can't resist the opportunity to engage people" about the commercial seal hunt issue.

Some of the protesters are carrying signs showing the Olympic logo — an Inuit Inukshuk — swinging a hakapik at a white seal sitting on a Canadian flag. THE CANADIAN PRESS



British couple arrested for helping spread computer viruses
A couple suspected of spreading some of the Internet's most aggressive viruses such as Zbot were arrested in the English city of Manchester, police said yesterday. THE ASSOCIATED PRESS

9

World

Free condoms to help save the world?

UN says slowing population growth could help climate change

The battle against global warming could be helped if the world slowed population growth by making free condoms and family planning advice more widely available, the UN Population Fund said yesterday.

The agency did not recommend countries set limits on how many children people should have, but said: "Women with access to reproductive health services ... have lower fertility rates that contribute to slower growth in greenhouse gas emissions."

"As the growth of population, economies and consumption outpaces the Earth's capacity to adjust, climate change could become much more extreme and conceivably catastrophic," the report said.

The world's population will likely rise from the current 6.7 billion to 9.2 billion in 2050, with most of the growth in less developed regions, according to a 2006 report by the United Nations.

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The UN Population Fund acknowledged it had no proof of the effect that population control would have on climate change. "The linkages between population and climate change are in most cases complex and indirect," the report said.

Still, Thoraya Ahmed Obaid, the UN Population Fund's executive director, told a news conference in London yesterday that global warming could be catastrophic for people in poor countries, particularly women.

"We have now reached a point where humanity is approaching the brink of disaster," she said.

THE ASSOCIATED PRESS

FBI searching for 'Geezer Bandit'

CALIFORNIA An elderly, grey-haired man known as the Geezer Bandit is suspected of robbing five California banks beginning in the summer. The man, who is believed to be in his 70s, has been robbing banks at gunpoint in the San Diego area, FBI investigators say.

He most recently held up a Bank of America branch on Monday, demanding cash and then taking off on foot. FBI spokesperson Darrel Foxworth said the septuagenarian stick-up artist often wears a hat or cap, and was seen lugging around an oxygen tank during one of his capers.

There is a $16,000 US reward for information that leads to his arrest and conviction. THE ASSOCIATED PRESS

New York **Baby steps**



KATHY WILLENS/THE ASSOCIATED PRESS

Environmental activist Erin Brockovich — portrayed by Julia Roberts played in the 2000 movie — plays with toddlers while promoting a virtual Million Baby Crawl yesterday. The Million Baby Crawl is a grassroots effort to pass stronger U.S. regulations against chemicals in household products.

Success of visit depends on who you ask

BEIJING Chinese state media heralded U.S. President Barack Obama's maiden trip to China as a triumph, but ordinary Chinese were largely shielded by their government from his most critical remarks and activists were disappointed by the measured tone of those they did hear. One blogger even pined for the tough line taken by former president George W. Bush.

"Like a star rushing from one show to another, Obama has come and gone, without stirring the slightest ripples," blogger Zhao Dezhu wrote in an online post. Zhao, who writes a popular blog, said the visit made him miss Bush who "couldn't speak with flowery language and even made grammatical mistakes but spoke as plainly as an American farmer."

Obama, by contrast, speaks "with sweet but empty words."

State media portrayed the two-and-a-half day trip as a slam-dunk for China-U.S. relations, saying a joint statement issued by Obama and China's President Hu Jintao was a breakthrough to inspire the world.

THE ASSOCIATED PRESS

Family reunion

- U.S. President Barack Obama said yesterday that he met with his half brother who lives in China and who recently wrote a semi-autobiographical novel about the abusive Kenyan father they share.

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Tickets are available from TIX on the Square.

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'Wife Swap' couple plead guilty
A couple who was featured on the reality show Wife Swap have pleaded guilty to federal charges in Buffalo, N.Y. Ralph Guastaferro faces five years in prison for laundering $1.2 million US for a Canadian telemarketing scheme. THE ASSOCIATED PRESSS

Palin pulls in the people in Michigan

College students ditched class, employees skipped work and some huddled in the cold overnight just to make sure they get an orange wristband that would let them meet Sarah Palin.

Thousands gathered outside a Grand Rapids, Michigan, Barnes&Noble store yesterday for the kickoff of the former Republican vice-presidential candidate's Going Rogue book tour, which has taken on the feel of a political pep rally.

"I just can't tell you how good it is to be back in Michigan," the former Alaska governor told the crowd, which chanted "Palin! Palin!"

"Alaska and Michigan have so much in common, with the huntin' and the fishin' and the hockey moms, and just the hard-working, patriotic Americans who are here," Palin said.

"Alaska and Michigan have so much in common, with the huntin' and the fishin' and the hockey moms."
Sarah Palin during a book promo stop in Michigan

The memoir was released Tuesday but has topped best-seller lists for weeks. At the Barnes&Noble, about 1,000 orange wristbands were handed out, allowing wearers to get two copies autographed by Palin at the three-hour signing event.

Going Rogue follows Palin from childhood to her departure last summer as Alaska governor.

The title refers to her independent streak as a candidate, stemming from complaints within the campaign of Republican presidential nominee John McCain that she had gone "rogue" by disagreeing with the campaign's decision to pull out of Michigan last October.

THE ASSOCIATED PRESS

Afghan security tightened

KABUL Security forces increased patrols on some streets in the Afghan capital and blocked others entirely yesterday, bracing for possible militant attacks during the inauguration ceremony that will cement President Hamid Karzai's tumultuous re-election victory. Karzai will be sworn in Thursday for his second five-year term, with many in the international community hoping he will introduce solid reforms and pave the way for a Cabinet house-cleaning to rid the administration of corrupt officials. The inauguration comes amid repeated calls and threats from the international community that he reform his government following an election so spoiled by fraud that it took two and half months to resolve.

U.S. Secretary of State Hillary Rodham Clinton — who arrived in Kabul yesterday to attend the ceremony — said Karzai's inauguration provides a new chance for him to strengthen government accountability.

THE ASSOCIATED PRESS

News in brief

MISSOURI Authorities have seized several items, including pornography, computer equipment and weapons, from the home of one of six men charged in a child sex abuse case. A search warrant shows that deputies took the items last week from the home of 77-year-old Burrell Mohler Sr. Mohler's wife, Sandra Mohler, told authorities she had discovered the pornography in a false ceiling in the basement two months ago.

SOMALIA A judge for an Islamic militant group in Somalia says a woman has been stoned to death and her boyfriend given 100 lashes for having an affair. Sheikh Ibrahim Abdirahman, the judge for the group al-Shabab, says the woman was killed Tuesday in front of a crowd of some 200 people near the town of Wajid.

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Comment

Private versus public relationships



Single. In a Relationship. Engaged. It's Complicated. Single.

Two acquaintances got engaged. My best friend from the third grade got married. And a former colleague got divorced — for the second time. I know these things, not because I've spoken to them recently. I know these things because of Facebook.

I'm fascinated by what people choose to share about their romantic lives on the Internet. Some are coy, secretive. Others define themselves by their relationship or blogging ceaselessly about significant others.

It's another kind of PDA (Public Display of Affection). Changing your Facebook status to In a Relationship is the new Making Out on Park Benches.

But once you've gone public and shared your happiness with several hundred of your closest friends, what happens if your relationship ends?

I've only met Lauren White a couple of times, but I feel like I've known her forever. Her blog, Raymi The Minx (www.raymitheminx.com), has amassed an impressive following over the years. On my computer screen, she is a stunning, unsmiling woman who painstakingly documents minutiae like new outfits, found objects and elaborate meals. In person, she is sweet and smiley, funny and friendly. Her partner Phil was the handsome photographer who made her into his muse. Online, they appeared a perfect hipster power couple.

When I discovered that Raymi and Phil had recently ended their engagement, I felt like I had learned of the breakup of two close friends. And given the scads of supportive emails that she received and posted on her site, I wasn't alone.

Phil and Raymi were fun-loving and photogenic online, but real life was another matter:

"we acted beautifully together for everyone else but us. while alone it was stretches of silences for hours in our own little online worlds until it became dark then we'd get ready and go out to whateverthe f— was going on that nite."

The Ballad of Raymi and Phil can be taken as a cautionary tale. In our full-disclosure world, we should be mindful that sharing intimate details of our lives means that we will have an audience when it all falls apart.

Go ahead and flaunt your relationship online. Just make sure it's as great in real life as it looks on paper (or in pixels). Because it's better for you to be genuinely happy than for us to believe you are.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Imagine a mobilization against sex assaults



"What if we did as much to prevent rape as we do to prevent H1N1?" This question was posed recently by a blogger from Bitch, one of my favourite feminist magazines, and, for some reason, I can't stop thinking about it.

The blogger in question, Meg Stone, asked her readers to imagine a world where the government, the media and the health-care system mobilized as loudly against sexual assault as they're doing against swine flu. Think about it: Coast-to-coast public education campaigns! Daily news reports! Pissed-off citizens determined to do everything they can to protect themselves and their loved ones!

It may seem odd — scandalous, even — to draw a comparison between the H1N1 pandemic and sexual assault. But while these are very different and complex problems, they share some common ground.

On the most basic level, both put public safety at risk. Reducing the prevalence of either requires a change in public behaviour and cultural norms. And as Amnesty International argues in its Stop Violence Against Women campaign, "Violence against women and girls is a global pandemic."

So, can you picture it? An alternate reality where rape prevention is at the top of the agenda?

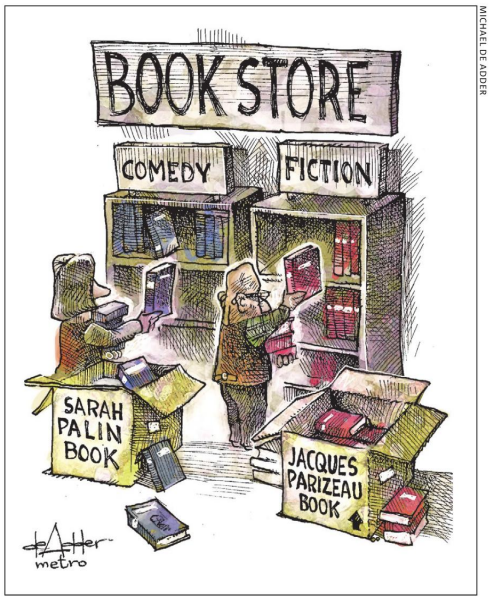
Probably not. Even though statistics tell us that one in four Canadian women will be sexually assaulted during her lifetime, this is not typically seen as a health and safety crisis.

The shame and stigma associated with sexual assault means that we still don't talk about it and most victims don't report it.

Instead of Stone's vision of preventative measures on the front page, the news we hear is disturbing and disempowering.

Unlike H1N1, sexual assault has been part of our world for so long that we don't think we can fight it. Well, we certainly won't by remaining apathetic. While I'm not naïve enough to expect the large-scale mobilization Stone dreams about, she provides a welcome reminder that change is worth fighting for.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless. Visit www.shamelessmag.com



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EU and GM to hold Opel talks

The EU Commission says it will host high-level talks among EU countries and top GM Europe officials to discuss restructuring plans for troubled carmaker Opel. EU spokesman Ton Van Lierop says the meetings will be held Monday. THE ASSOCIATED PRESS

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Inflation back, StatsCan says

ECONOMY Canadians paid more for food, clothes and tuition in October as the annual inflation rate ticked higher for the first time in five months.

Statistics Canada said yesterday the annual inflation rate jumped a full point to edge above zero at 0.1 per cent in October, reversing an unusual situation that existed since May in Canada where overall prices were lower than a year earlier. The data also showed Canadians were paying less for gas, automobiles and hotels.

And it's unlikely the inflation rate will fall below zero again for some time.

Food continues to be a main driver of higher inflation. Food prices were 2.3 per cent higher in October.

THE CANADIAN PRESS

It's the CRTC's fault: Canwest

Cable companies have gained so much power they have become a threat to Canadian broadcasting, and the national telecommunications regulator is mostly to blame, says Canada's second-largest private broadcaster.

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Canwest Global Corp. president Leonard Asper blamed the CRTC for setting ground rules that have impoverished broadcasters and put cable firms in the penthouse. "Broadcasting is a regulated business. Once you decide to regulate, it should be fair regulation," he chided the CRTC during hearings on the future of broadcasting yesterday.

Cable firms like Rogers and Shaw have most of the power in the industry today, he said.

Canwest is the last to appear before the CRTC asking that the regulator set conditions that would compel cable and satellite operators to pay for TV signals. The trouble is, making such a decision would leave it open for the carriers to charge customers as much as $10 a month.

THE CANADIAN PRESS

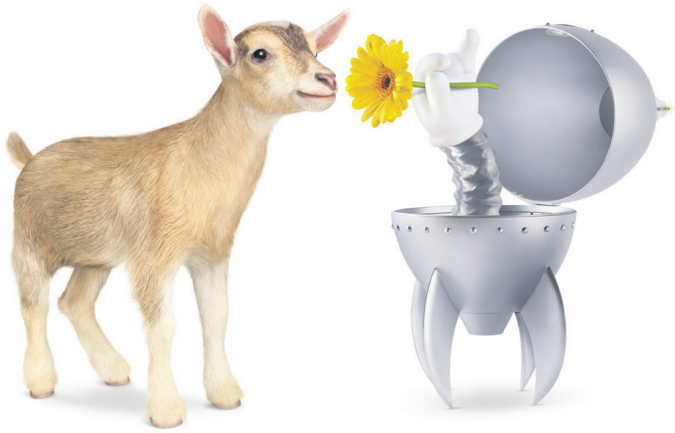
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REBECCA WALTERS/THE ASSOCIATED PRESS

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Canadian wins MLS honour

Pat Onstad of the Houston Dynamo was named the inaugural winner of Major League Soccer's Degree Men Save of the Year award yesterday. Onstad, 41, of Vancouver was honoured for a double save on a penalty kick against the Colorado Rapids. Voting for the award was conducted by fans. THE CANADIAN PRESS

Sports



F1 champ switches teams

Formula One champion Jenson Button, left, signed with McLaren yesterday, teaming him with Lewis Hamilton to give the English team a potent lineup for next season featuring the two most recent title holders. McLaren said Button signed a "multi-year deal" after leaving constructors champion Brawn GP in the wake of its takeover by Mercedes-Benz earlier this week. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Read more Metro online today. metronews.ca



Oilers stage comeback

NHL RESULTS

Colorado 4 Edmonton 6

VS

Gilbert Brule, Ales Hemsky and Sam Gagner each had a goal and an assist as the Edmonton Oilers came from behind to halt a four-game losing streak, defeating the Colorado Avalanche 6-4 last night.

Shawn Horcoff, Ryan Potulny and Patrick O'Sullivan also scored for the Oilers (9-10-3), who improved to 7-3-1 at Rexall Place in the opener of a season-high five-game homestand.

Milan Hejduk had a pair and David Jones and Kyle Cumiskey also replied for the Avs (13-6-3), who have lost four of their last five after a hot start to the season.

Trailing 4-3 after the second, Edmonton rallied to tie the game less than three minutes into the third as Potulny scored a power-play goal off of a big rebound to make it 4-4.

The Oilers took their first lead of the night with eight minutes to play in the third as Brule stole a puck behind the net and tried a wraparound.

The rebound slid to O'Sullivan, who put the puck between the legs of Avs goalie Peter Budaj.

Hemsky added an empty-netter.

It was the first game this season that Edmonton had won after out-shooting an opponent, finishing with a 33-18 advantage.

THE CANADIAN PRESS



JOHN ULAN/THE CANADIAN PRESS

Edmonton Oilers' Zack Stortini, left, rips the helmet off of Colorado Avalanche's Ryan Wilson during second period of last night's action in Edmonton.

France qualifies for World Cup

SOCCER France qualified for its fourth consecutive World Cup when officials missed an obvious hand ball by Thierry Henry that led to William Gallas' overtime goal in a 1-1 tie against Ireland last night.

Greece, Slovenia, Portugal, Algeria, Uruguay also advanced to next year's tournament yesterday on the final day of qualifying, completing the field next year in South Africa.

The 32 nations will be drawn into eight groups on Dec. 4 in Cape Town, and the first World Cup on the African continent opens June 11.

With help from Swedish referee Martin Hansson, who failed to call the hand ball, France avoided a penalty-kicks shootout at Saint-Denis, outside Paris, and won the home-and-home, total-goals playoff 2-1.

The French had come away with a 1-0 victory in Dublin last Saturday.

Soccer does not allow officials to use video replay, although the assistant referees can point out infractions to the referee.

THE ASSOCIATED PRESS

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Sports in brief

BASEBALL Jim Tracy of Colorado won the NL Manager of the Year award yesterday — and earned a new contract, too — while Mike Scioscia of the Los Angeles Angels was selected for the AL honour. Tracy became the second manager to win the award after taking over during the season, joining Jack McKeon for Florida in 2003. Less than an hour after the award was announced, the Rockies said Tracy had been rewarded with a three-year contract.

RUGBY Canada has been placed in a pool with France, Scotland and Sweden at the 2010 Women's Rugby World Cup. The tournament features three pools of four teams with defending champion New Zealand, England and France seeded first in their groups.

THE ASSOCIATED PRESS

For the cat lover
Why not top your gift with this Brown Cat on Green Mitten? This kitten ornament is available for $6.99 at Hallmark, hallmark.ca. METRO NEWS SERVICES



HOLIDAY

Shopping Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Gifts for the computer lover

From notebooks to photo printers, there are plenty of crowd-pleasing options

RAFAEL BRUSILOW
for Metro Canada



The Dell Adamo XPS.

Let's face it, few gifts are ever as awesome as a new computer and there are so many to choose from.

Here are Metro's picks for computing goodness this holiday season:



The LG R580 Notebook.

LG R580 Notebook
$1,299

Sleek and loaded with the right features, LG's R580 is a solid combination of performance, profile and price. Sporting Intel's Core 2 Duo processor, 4 gigabytes of system memory and a powerful Nvidia GeForce 130M GT graphics card with 1 gigabyte of dedicated video memory, this lightweight and lean laptop is surprisingly capable in the entertainment department as well as making sure your heavyweight business presentations come to life. An LED backlight provides better viewing and saves power and the 15.6-inch widescreen is the right size to maintain portability without sacrificing visual quality.



The Samsung N120 Notebook.



Toshiba's Qosmio X500.

Toshiba Qosmio X500
$2,199

With the flood of new games getting released this season, you're going to need some heavy computing power to make your headshots count and your friends jealous at LAN parties. Enter the Toshiba Qosmio, a monster of a system designed for hardcore gaming (and helping develop strong legs if you ever decide to carry it). With an 18.4-inch screen, new Intel Core i7 processor, a one-terabyte drive and Nvidia's GeForce GTS 250M graphics card with 1 gigabyte of lightning-fast DDR5 memory under the hood, this thing really cooks and its heft will probably stop a real-life bullet to boot. A built-in Blu-Ray drive and HDTV connectivity make it just as fun in downtime.

Dell Adamo XPS
$1,999

Dell's answer to the Macbook Air in both style and substance, the Adamo XPS is undoubtedly impressive. Less than a centimetre thick and encased in a sexy machined-aluminum chassis, this laptop aims for discerning users with big pockets. For comparison, this machine is about half the thickness of Apple's already paper-thin Macbook Air. With a 13.4-inch screen and weighing barely three pounds, you'll be hard-pressed to find a slimmer, tote-able computer. Cooler still, when opened the keyboard rises up for ergonomic typing and sports aluminum keycaps. Built-in wireless connectivity and Windows 7 as standard complete this very impressive offering.

Samsumg N120 Notebook
$429

Simple yet stylish, Samsung's N120 is possibly the most natural-feeling mini-laptop out there. The large, raised keyboard is very easy to type on and the clean, single-tone design is classically attractive. With all the standard system elements you'd expect from a netbook packed into the small, thin case, the N120 sets a benchmark for good design and usability in the 10-inch laptop market.

Putting it on paper

Despite the digital world taking command of our lives, there's no substitute for the portability and satisfying touch of paper when you want to keep something in hard copy, so here are our picks for printers this season:



The Epson Artisan 810 All-in-one Printer includes modes for creating colour book pages and even for making personalized note paper using your own photos. The HP Photosmart A646 Compact Photo Printer, below, lets you edit and print high-quality photos.

Epson Artisan 810 All-in-one Printer
$299

A top-end printer with a plethora of creative modes, the Artisan offers some innovative and convenient options for printing. Unique features includes modes for creating colouring book pages and even for making personalized note paper using your own photos — now you can write memos on your favourite, hopefully tasteful, vacation photo. The printer also has a built-in Wi-Fi connection to let you print directly from any wireless source in your home including other computers or even your iPhone.



HP Photosmart A646 Compact Photo Printer
$179

Cute as a button yet still powerful and fun to use, HP's little wonder lets you edit and print high-quality photos in a small, portable package. Create custom borders, photo captions and text using the 3.45-inch touchscreen and print directly from Bluetooth devices like mobile phones for printing on the go.

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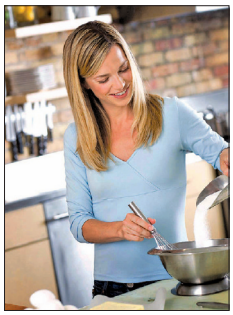


Sweet treats

Make everyone on your list happy with Le Chocolat Holiday Collection, $9.99. These hand-crafted 100 per cent Belgian chocolates are available at Shoppers Drug Mart (shoppersdrugmart.ca). METRO NEWS SERVICES

Holiday Shopping Guide

Baked goods great gifts



Get your kids involved when baking, Trish Magwood says.

It's that time of year again — time to give back to the people in your life who have made a difference.

With so many people to thank, it can be difficult to come up with an appropriate gift for everyone.

But the old saying still rings true: It's the thought that counts. Making your own gift is still considered by many as the most thoughtful form of giving.

When you present a homemade gift, the receiver knows you took the time to carefully craft a gift just for them.

If you're unsure of what to make, a guaranteed hit with almost anyone is a dessert that can be enjoyed with friends and family throughout the season.

"If you are baking for a neighbour, babysitter or teacher, getting your children involved in the process is a great way to spend some quality time together in the kitchen," says Trish Magwood, celebrity chef and mother of three.

"From picking the recipe to mixing up ingredients and putting on the finishing touches, kids love to get their hands dirty and taste the fruits of their labour!"

To ensure your family has a great time in the kitchen, choose a "kid-friendly" recipe that incorporates some familiar ingredients for your young sous chefs.

NEWS CANADA

Chocolate Truffles



INGREDIENTS:

- 1 pkg white chocolate chips
- ¼ cup butter, softened
- 1 cup Rice Krispies Vanilla Flavour
- 1¼ cup semi-sweet chocolate chips

METHOD:

1 Melt white chocolate chips and butter in medium bowl in microwave or over saucepan of boiling water. Stir until smooth. Let cool at room temperature (30 mins).

2 Form white chocolate mixture into 2.5 cm balls. Roll in cereal, pressing it into truffles to coat. Roll in palms to re-shape. Refrigerate 30 minutes.

3 Melt semi-sweet chocolate. Dip prepared balls in chocolate to coat. Lift out with fork. Place on waxed paper lined baking sheet. Let cool 1 hour.

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Holiday shopping doesn't have to be stressful for men.

Help men make most of shopping

It's a well-known fact: Most men hate holiday shopping. Here's a list of tips from RedFlagDeals.com that will help men everywhere stay sane during the craziest shopping time of the year.

Plan your attack: When shopping, make like a ninja — get in and out before anyone knows you are even there. If you must go to the mall, prepare in advance. You should know what you're looking for, how much it costs, and where to get it before you leave home. When shopping online, shipping times vary, so expect orders to take at least a week to arrive.

Tune out: Bring your MP3 player with you. Your music may not be festive, but at least it won't drive you crazy.

Shop online: You'll save money, avoid the crowds, and find multiple gift ideas with the click of a button. You'll save a lot of time by comparing price, availability, and reviews of products on the Internet.

Support the trend: If you're stuck for ideas, find out what other people are getting your shopping target and get them something that compliments that gift. Is someone getting them skis? Buy them ski goggles and ski wax.

NEWS CANADA

For the hostess
Bring her this three-piece Christmas tea towel set in a useable breadbasket from Canadian Tire (canadiantire.ca or1-866-746-7287). The towels, $16.99, come in three colours and the centre towel has a seasonal icon stitched into it. METRO NEWS SERVICES



Tips to go green this holiday season

At holiday time, along with buying for close friends and family, it is often customary to buy small gifts for a multitude of others as well — teachers, hosts, babysitters — you name it.

And while small gifts are just as thoughtful, they can sometimes be more difficult to choose. You want the recipient to like it, use it, or eat it; all without causing too much waste or impact on the environment.

Don't fear. There are lots of gift ideas out there that are not only superb items to give, but are environmentally friendly choices as well. It just takes some creativity and some thinking outside the holiday box.

To help with your holiday gift list this year, here are some great — and green — gift suggestions:

• **Forget the traditional coffee mug for the teacher.** Instead, give a sturdy insulated travel mug that will keep their coffee or tea warm for hours while they're in the classroom. Canadian Thermos Products makes a great selection of vacuum-insulated mugs in a variety of designs and styles. And to make the gift really stand out, add some fair trade coffee or organic tea inside.



• **Baked goods, jams or preserves, and other homemade items are always appreciated.** Dress them up in charming jars or wrap them in new tea towels and you're adding an extra gift that can be reused time and time again; foregoing wasteful wrapping at the same time.

• **Combine pot-luck and hostess gifts into one.** Simply bring your food in one of the new insulated grocery bags that are available. This way your food stays hot or cold and you're giving a gift that will be used countless times.



Jams or preserves can make a great eco-friendly holiday gift.

• **Instead of a customary bottle of wine,** give a reusable container filled with delicious mulled wine or other hot beverage. This is a great way to warm up on cold winter nights.

NEWS CANADA

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Planning ahead when sending packages will save you money.

Ensure you send your packages on time

How you send packages to your loved ones is just as important as what you send them, according to Canada Post.

"Starting early will save money and take some of the stress out of the frenzied holiday season," says Marc Smith, director of product management for Canada Post. "But no matter when you're ready to send your gifts and cards, Canada Post has a service that will get them there by Dece. 24."

Ready early?
Regular parcel services are the most economical way to ensure holiday packages arrive before Santa. Here are the mailing deadlines:

- Dec. 1: To the U.S.
- Dec. 11: Within Canada

Need more time?
If it's taken you a little longer to find that special gift, then Xpresspost is the service for you. The mailing deadlines are:

- Dec. 7: Worldwide (but Dec. 1 for Africa and Central/South America)
- Dec. 14: To the U.S.
- Dec. 22: Within Canada

At the last minute
In Canada, the fastest service is Priority Next A.M.. For destinations abroad, use Priority Worldwide.

- Dec. 17: Worldwide destinations; available to select countries only. Check with your post office for details.
- Dec. 21: To the U.S.
- Dec. 23: Within Canada

NEWS CANADA



Diamonds are a girl's best friend
This Quo Ladies Diamond Manicure Set, $25, makes a great stocking stuffer. The six-piece set is hidden inside a jeweled, silver-grey clutch. Available at Shoppers Drug Mart, shoppersdrugmart.ca. METRO NEWS SERVICES

Holiday Shopping Guide

Responsible gift-giving

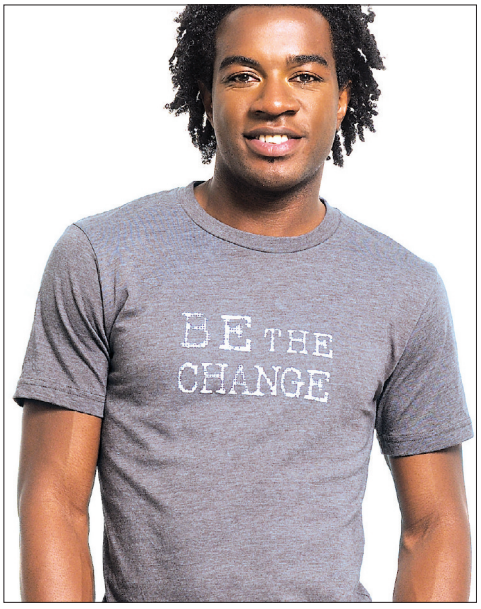
LINA TOYODA
for Metro Canada

The holiday season is approaching and in the spirit of giving, perhaps we will think about how our shopping and spending affect the lives of other people around the world.

This year, how about considering a gift with free-trade awareness and social responsibility, or charitable donations for friends and family?

There are many organizations that mobilize initiatives to better the situations of people locally and globally, and the holidays are a great time to pitch in on the effort.





You can buy a goat in a developing country for a friend through Ten Thousand Villages, left, or this Me to We Be The Change T-shirt is $34.50 at metowestyle.com..

Payless Gives Shoes 4 Kids

This holiday season, Payless ShoeSource is planning to distribute 4,000 pairs of shoes to children of Canadian families in need through their Payless Gives Shoes 4 Kids program.

The retailer is calling on local charities as partners in a grassroots effort to distribute the coupons for free shoes to local children across Canada.

"Especially in the economic crisis, those in need are hit the hardest, said Payless spokesperson Mardi Larson. "This year, the economic crisis is still rippling globally and the need is international."

Shoes are a necessity and having launched the program in the U.S. last year, Mardi said the focus this year was to go international with the shoe-giving program.

"Many times, these are the first pair of new shoes for these children. And what's great is that they can go into a Payless store and pick out their own pair of shoes to reflect their own personal style. It's such a confidence booster."

Ten Thousand Villages

Ten Thousand Villages is a non-profit organization that creates a marketplace for artisans in developing countries to provide a sustainable living for them.

Villages practices fair-trade principles that allow artisans to support their families to provide the essentials like sending their children to school and having a safe place to live.

"We work with people who have very few options or opportunities. Sometimes we work with women or groups in very rural areas where there are absolutely no other employment opportunities for them. So it's basically providing a market for them," said Bev Hiebert, the director of sales of Ten Thousand Villages.

With 50 stores across Canada and more than 100 festival sales, Villages works with more than 2,000 volunteers.

"We work with about 130 different groups in 36 different countries so customers will see a variety of product, everything from Christmas decorations to textiles to even furniture," Hiebert said.

On Nov. 28, Villages will launch a project-based holiday program where you can buy a goat for a friend or even a farm on behalf of your company.

Go to tenthousandvillages.ca for the online shop, local stores and complete details.

Free the Children

Free The Children is a children's charity and the world's largest network of children helping children through education. In fact, 65 per cent of their annual donations come from children's fundraising initiatives, says Craig Kielburger, founder of Free The Children.

"We provide youth with leadership training, global citizenship curriculum in schools and opportunities to assist their local and global community."

"Right now, our network of over one million young people extends across 45 countries," Kielburger says.

"With the help of these enthusiastic young leaders, we have been able to build over 500 schools in Africa, Asia and South America providing daily education to over 50,000 students."

Me to We

Working together with the Free the Children charity is Me to We, a new kind of social enterprise for people who are conscious of their daily choices and want to help change the world through socially responsible lifestyle choices.

Fifty per cent of Me to We's net profits goes to support Free The Children while the other half is reinvested back into the enterprise to ensure its sustainability.

Me to We sells products like a "Be The Change" organic T-shirt for example, that positively speaks their message and makes for a gift that's made in Canada.

"Every volunteer trip, organic T-shirt, song, book, speech and choice adds up," Kielburger says.

Free The Children has many gift options at freethechildren.com. There are also many socially conscious gift ideas through Me to We at metowe.com.

Mount Sinai

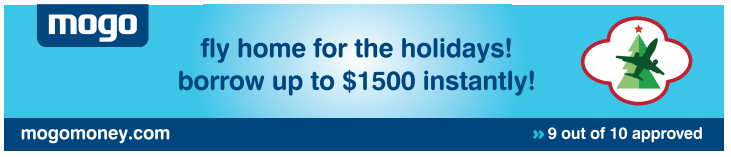
The Mount Sinai Hospital Foundation in Toronto launched their Giving Catalogue to help women and babies, the hospital's largest patient group.

"Essentially what happens is someone can, for example, make a donation of $100 and purchase an isolation pediatric stethoscope that we need to care for babies that are born very premature and require specialized care. And then their friend will get a card letting them know that this gift was made on their behalf," says Susan Horvath, President of the Mount Sinai Hospital Foundation.

"So many of us have so much. We don't need more 'things,'" Horvath said.

"Think how good somebody will feel receiving a gift that they know will help save the life of a seriously ill baby. We're really talking about making a difference to families.

Go to upportsinai.ca to shop online, or call 416-586-8203 ext 3936 for more.





All wrapped up
Make your gift stand out under the tree with gift wrap and gift bags from the Get Your Merry On! Collection. Prices range from $1.99-$5.99 at Hallmark, hallmark.ca. METRO NEWS SERVICES



Call of Duty a blockbuster



A scene from Call of Duty: Modern Warfare 2.

This holiday season's biggest entertainment blockbuster likely will be a sequel to a popular franchise, with jarring depictions of war and an intricate story of good versus evil. It could easily rake in more than last year's record $155-million US opening weekend for The Dark Knight.

But this blockbuster is not a movie. It is Call of Duty: Modern Warfare 2, a video game that Activision Blizzard Inc. released last week. Fans worldwide are expected to spend at least half a billion dollars on the game this week.

That would at least match last year's Grand Theft Auto IV, which was the most successful video game release in history and might have been the top entertainment launch ever.



To fans, who refer to it as COD, the game sets the benchmark for stunning cinematography and striking realism, with troops of elite soldiers hunting down targets in South America, Russia, Kazakhstan and Afghanistan. Players typically plug into an online community, moving in teams to hunt down enemy snipers.

To retailers suffering through the recession, it's an early Christmas gift, a product that may get consumers in North America and Europe to open their wallets.

To detractors, it represents everything that is wrong with the billion-dollar video gaming industry: Blood-soaked images of warfare that they say pose a risk to the mental health of children and adults who may not be able to tear themselves away.

Call of Duty carries a rating of "M," meaning the content is suitable for those ages 17 and older. Made for the Sony PlayStation 3 and the Microsoft Xbox, it retails for about $60.

The Internet buzzed about the game all day last Tuesday, and there was no shortage of hyperbole.

As pre-orders topped 1.6 million, Amazon officially named COD the biggest selling pre-order video game of all time. Robert Kotick, chief executive of Activision, crowed that the shooter game is likely to be "one of the largest entertainment launches of any media of all time."

There's no question that the video-gaming industry is massive. It was worth an estimated $14.7 billion US in the United States last year, surpassing the $9.6 billion movie industry.

Investment banking firm Janco Partners in Denver, Colo., estimated the game would sell as many as 4.6 million units the first day. That would beat last year's blockbuster Grand Theft Auto IV, which sold 3.6 million units on the first day.

Through the rest of the year, the COD tally could swell to 11.1 million units, said entertainment software analyst Mike Hickey. That doesn't include revenue from the used or rental market.

Best Buy Canada has taken thousands of pre-orders online and in stores, said marketing manager Mary Ann McKenzie. "This is absolutely the biggest gaming release of the year," she said.

"The response is like, 'Recession be damned. I'm getting it,'" she said.

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Kids' toys go battery-powered

ANDREA WOO
for Metro Canada

If you're looking for the perfect presents for young children this holiday season, bypass the stuffed toys and clothing and seek out the battery-powered gizmos.

According to reports from toy industry leaders, many of the hottest toys this season move to some degree.

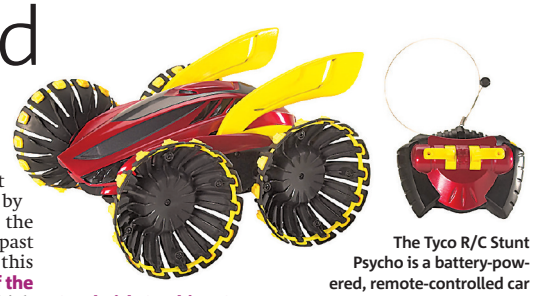
Reidin Goode, senior marketing manager for Girls at Mattel Canada Inc., says that while tech toys have been popular among "tweens" for a few years, this year they're reaching an even younger demographic.

"What we're seeing this year is that a lot of the tech toys are trending downward in age," she said. "Previously you might have seen tech toys for the nine- to 12-year-old target group, whereas now we're seeing a lot of tech innovation in some of the toys targeted at younger kids."

An example for boys is the **Tyco R/C Stunt Psycho**, a battery-powered, remote-controlled car that performs flips and wheelies on a variety of surfaces, including grass, sand and pavement. For girls, there's the **Little Mommy Baby Achoo doll**, which can speak, sneeze and blow its nose.



The Little Mommy Baby Achoo doll by Mattel can speak, sneeze and blow her nose.



The Tyco R/C Stunt Psycho is a battery-powered, remote-controlled car that performs flips and wheelies on a variety of surfaces.

Disney FamilyFun magazine has released a list of the year's best toys, as determined by test families across the U.S., annually for the past 18 years. Topping this year's list is **Invasion of the Bristlebots** by Klutz, which enables kids to turn old toothbrush heads into motorized, cockroach-like robots that can race and navigate mazes.

Executive editor Mary Giles notes that there is also an increasing interest in "active," kid-powered toys, such as the **RipRider 360**, a reinvention of the classic three-wheeler, now updated with dual-inclined casters to allow for resistance-free drifting and spinning. Another is **Melissa & Doug Sandwich Stacking Games**, which requires kids to run and jump around while creating giant sandwiches with large, bread-shaped gloves and sandwich-filling layers.

"We continued to see an emphasis on active toys, as more and more parents are making sure their kids get plenty of physical activity," she said.

Both Goode and Giles agree that the economic downturn has not had a significant effect on the year's top toys, as they usually consist of a broad range of prices.

"Our cheapest Top 10 toy came in at just $3, the Hot Wheels Color Shifters," said Giles. "But then we also do have some that are still over $100, sort of the big-ticket, special toys that we're hearing people are still interested in getting for their kids."



For your Secret Santa
This Best Wishes gift set, $19.95, includes a Satsumo Santa. Available at Lush, lush.ca or 1-866-644-5874. METRO NEWS SERVICES

Holiday Shopping Guide



With food gifts, you can put in an afternoon of effort and get a dozen gifts out of it, says expert crafter Austen Gilliland.

DIY presents are 'unique'

LINA TOYODA
for Metro Canada

With the economic downturn cinching financial belts, this holiday season is a good time to adopt a DIY ethic and consider some gifting alternatives.

Not to fret if you're a novice crafter or even a beginner, because there are ideas for all skill levels. All you need is an afternoon and a little creative determination.

Here are some tips from an expert crafter, Austen Gilliland, senior craft editor of Canadian Living magazine:

Food gifts

"I think food gifts are a really good idea because you can put in an afternoon worth of effort but you can get a dozen gifts out of it. Something like a cookie mix or a jam or a jelly or something like spiced nuts."

Without spending too much money, you can get big volumes out of food gifts. Like a typical batch of jam, you'll get anywhere between six to 18 jars, she says.

And also, "you know that they're going to use it or they'll be able to re-gift it," she jokes.

Presentation

There are simple ways to make a gift look great. And you don't really need a lot of special material to do a nice job with wrapping, Gilliland says.

"Even if you pick up brown paper bags — that you would use for a lunch bag — you can get 50 of those for under $3 at the grocery store. And then if you go to the fabric store, you can usually find a nice ribbon and you can get metres of that for $2 or $3."

Small details can add a nice touch without costing much.

When Gilliland is making gifts, she says she will often choose one idea and make variations on that idea for a half dozen people.

"Once you do the first one, you know what you're doing and you can get into a rhythm and get a mini-production line going. You really want to maximize your time and resources, and that's one way to do it."

Monograms

You can take a nice notebook — a moleskin notebook for example — and make a cover. Everyone's notebook cover is basically the same but it will have their initials on it, says Gilliland. And monograms are a great way to do that.

"On the Internet, you can find instructions on everything. You can learn how to screen print, monogram something — you can learn how to paint china. You can download fonts and get a cool font for the letters," she says.

So a great go-to idea is to monogram something, whether it's a pillowcase or a coffee mug.

Themed calendar

If you're a photographer, it doesn't take a long time to put a calendar together. Pick a fun theme, like "Year of weird stuff," says Gilliland.

Many computer programs will have a basic template that you can use to personalize it however way you want. Run it down to your local print shop and they'll put it together for you, she says.

Plan ahead

It's a good idea before you get yourself into a frenzy of Christmas present-making, to sit down and make an extensive list. Write down everybody you want a present for and decide what you're making ahead of time. When it's time to shop for supplies, take a list with you.

Making your own gifts is a great way to save money but you really need to do the planning ahead of time, Gilliland says. "And that's where the variations on a theme comes in, because often — like the moleskin notebooks — you can get three in a pack."



Like Santa, it helps to make a list of who you want to give gifts to before getting started.



Stay warm
Keep warm this winter with these Little Hotties Hand Warmers, $1.99 each. Availabe at Zellers, London Drugs, or 1-800-663-8613. METRO NEWS SERVICES



Holiday Shopping Guide

Game on!



This **Bauer Supreme One 75 Goalstick, $129.99,** is available at at Canadian Tire (canadiantire.ca).

Show your Canadian pride with this Vancouver 2010 **unisex weave beanie**. For more details or to order online, go to elevatesport.ca

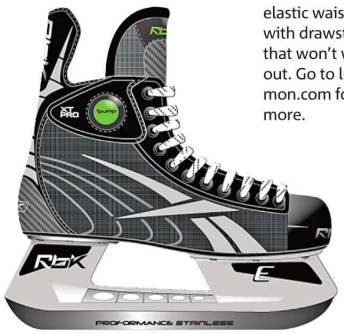




This **Fila AT Corsa Shell Hoodie for men, $80,** has a full zip reversible jacket with hood and two hand pockets. For retailers, call 1-800-668-5480.



This **Game On Pant, $78,** by Lululemon has a soft elastic waistband with drawstring that won't wash out. Go to lululemon.com for more.



These **Reebok Pump Skates, from $299.99,** feature quick drying-double density microfibre liner. Available at Canadian Tire (canadiantire.ca).



A portion of the sales of **Otterbottle stainless steel water bottles,** which range in price from $15.99-$21.99, to towards supporting the David Suzuki Foundation. For more, go to otterbottle.ca.

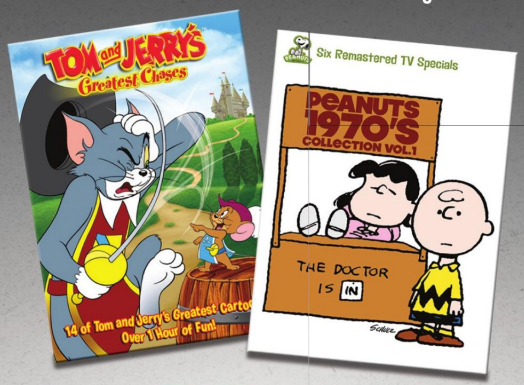


This **Winnwell Tower Bag, $99.99,** features an enzyme that kills the nasty odours associated with a well-used bag of hockey equipment. Available at Canadian Tire (canadiantire.ca).

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Metro Homes



Plaid props

Snuggle down on the sofa with a pile of plaid Soho pillows to prop you up. Home Outfitters, $19.99 each, homeoutfitters.com.

EMMA YARDLEY/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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The suite

- Model: Showsuite
- Parkwood Master Builder
- Price: $379,900
- Size: 1,077 sq. ft.
- Locations: Water Side Estates (9603-98 Ave.)

Live in a futuristic past

It has been one of the most sought-after Edmonton locations ever since famed Hudson Bay explorer Anthony Henday pulled his canoe out on the sunny side of the North Saskatchewan in what is now Cloverdale.

Homes as old as the City of Edmonton itself occupied this river's elbow for the better part of the last century, only recently giving up the ghost to a series of stylish condominium complexes, including Parkwood Master Builder's Water Side Estates.

The stone exterior reminiscent of construction practices of yore complements the upscale and traditional feel of this neighborhood.

The homes, however, feature all the modern conveniences of condo living. Dark ceramic tile and nine-foot ceilings welcome visitors to the show suite. The tile runs to the right into a handy combination laundry-storage room and to the left into the home's three-piece main bath.

Straight ahead, the tile washes up against a dark-stained maple floor that extends through the kitchen and off into the great room.

The kitchen features a bank of dark chocolate brown cabinets, which is contrasted by a collection of stainless-steel appliances, a clever ceramic tile backsplash inlayed with a glass-tile inlay, and bright white granite countertops. A rather large island mirrors the wall of cabinets with not one but two tiers of granite.

The comfy great room revolves around a wall-hung electric fireplace, all of which should be visited if for no other reason than to check out the funky furnishings.

A hallway runs perpendicular from the first half of the tour, ending at the bedrooms, of which there are two.

To the right is a nice-sized junior or den and to the left is the master suite, both of which feature a drop-down bulkhead that rings the space, giving the rooms a royal feel.

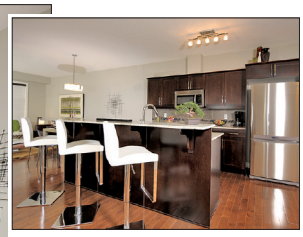
Adding to the regal nature of the master bedroom is a rather large walk-in closet and a three-piece ensuite with shower.

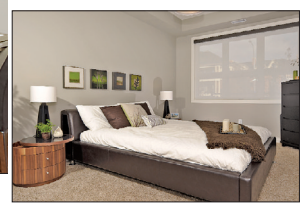
Each suite in Water Side Estates also features a gas barbecue hookup and an underground parking stall. The complex also features a fitness room.

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FOR METRO EDMONTON







Here are some shots from Water Side Estates.

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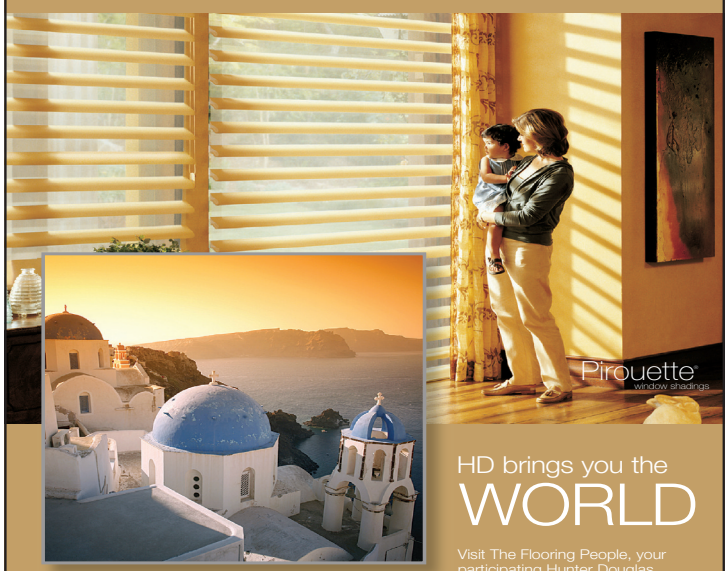
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BROSE expands collection
Though cocktail dresses remain at the heart of the collection, fashion label BROSE has announced its 2010 line has now expanded into cocktail separates, including jackets, pants, skirts and tops. METRO NEWS SERVICES

Style



Designers vie for lucrative price

The Toronto Fashion Incubator is inviting emerging Canadian designers to create looks fit for a doll — all part of a shot at taking home a lucrative prize package. The non-profit organization is holding its annual TFI New Labels contest, which has helped launch the careers of Canadian top designers like David Dixon and NADA (headed by Nada Shepherd, pictured left). The fashion design competition is open to professional women's wear apparel designers who have been in business for three years or less. Submissions are due Nov. 24. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A sign of good breeding

A camel-coloured coat can help spice up a cool-weather wardrobe

A camel-coloured coat may sound bland, but it could be just the thing to spice up a cool-weather wardrobe.

While a camel coat makes a classic chic statement, the style is malleable enough to be either a trendy boyfriend jacket or traditional trench. Its place in fashion history, on the backs of Katharine Hepburn and Grace Kelly, and Ali McGraw and Kate Moss, give it a solid pedigree, and the colour — a range of shades between tobacco and fawn — has a richness to it that, quite frankly, makes you look rich.

"Camel looks indulgent like winter white but has the pragmatism of grey and black. It's the best of both worlds. ... A camel coat evokes throwaway glamour," says Michael Kors, who for many seasons has used camel as a core of his fall collections.

You can wear camel with any colour in your wardrobe, including black, which makes a camel coat a good investment piece, but one that you don't have to spend a fortune on, says Stephanie Solomon, fashion director of Bloomingdale's. She says she owns three styles — a zip-front, a peacoat and belted version — and she's had each for at least 20 years. They come out of the closet every time she wears the black pants, black shirt, black heels combo.

Kors suggests pairing camel with white or bold brights like red or orange; stylist Mary Alice Stephenson recommends it with one of the season's other trends, a neon colour like hot pink or electric blue.

Macy's vice-president of ready-to-wear fashion, Nicole Fischelis, says the contrast colour doesn't really matter because what most complements a camel coat are brown leather accessories — the belt, the boot, the bag. She likes a little animal print thrown into the mix, too.

> **"Camel looks indulgent like winter white but has the pragmatism of grey and black. It's the best of both worlds."**
> Michael Kors, fashion designer

Camel coats aren't always camel-hair coats, but that's the garment that really made its mark in the middle of the 20th century as a sign of sophisticated taste. Camel hair is from the soft undercoat of the camel, with a similar feeling — and similar cache — to cashmere and alpaca, explains Marlene Middlemiss, fashion design instructor at the Fashion Institute of Technology. Over time, some manufacturers started mixing camel hair with wool as a cost-cutting measure.

"Camel works in everything from dyed wool to cashmere or camel hair. It looks best in fabrics with texture and what fabric you choose depends on your wallet, climate and the shape of your garment," says Kors. THE ASSOCIATED PRESS



Crop, belted coat, Old Navy, $89.50.



Thinsulate lined herringbone coat in Palomino, Talbots, $299.



Leather coat for men, Banana Republic, $610.



A Michael Kors camel-coloured coat shown at New York Fashion Week (February 2009).



FIND MORE GIFTS AT WWW.HM.COM



Curves to boot

Lots of choice for women with wide calves

JANINE FALCON
For Metro Canada

For women with curvy legs, this time of year usually means footwear frustration.

"I can never find tall boots to fit my calves," says Heather Watterworth, a public relations rep for cosmetics company Mary Kay. "They're always too tight."

Sure, Watterworth and others like her could go for below-the-calf heights, or uninspired shiny stretch vinyl, but in this season of knee-high chic, those options just don't measure up.

Happily, according to Town Shoes PR director Crissi Giamos, "This is a fabulous season for fitting different calf widths."

Shoe repair shops may also be able to help stretch boots

Knee-highs with generous stretch panels are certainly more and more common, and lace-ups — as long as they lace-up for real — offer adjustable comfort (Rockport, Timberland and Cole Haan all have handsome lace-up styles this season).

Giamos also recommends giving the popular slouchy boot a try, the type that allows the wearer to pull the boot leg up or push it down. They tend to have a roomier fit; some also have stretch, she says.

In terms of brands, Giamos points to David Dixon, Kate and Mel, and the Town Shoes private label.

In fact, an encouraging number of companies now make boots with curvy-calf appeal. Ron White carries an impressive variety of suitables by Cole Haan, La Canadienne, Mephisto, Stuart Weitzman and Frye, as well as the Ron White signature line (Ron-White.ca ships across Canada and internationally).

Ecco boutiques may also yield a find; the brand prides itself on its forgiving cut that fits a range of calf sizes. And for the online-savvy, US-based WideWidths.com offers wide, extra-wide and super-wide calf sizes from companies such as Blondo and Naturalizer.

A good shoe-repair shop may also be able to supply a better fit, either by stretching the boot shaft or putting in an insert.

They're not always easy to find, but the best ones are usually known to local shoe-store staff.



Left: Timberland Charles Street Tall Lexiss Waterproof boot, $200.

Below: Ecco Hancock Boot, $275.





Left: Frye Rory scrunch boot, Ron White, $448.



Right: Lacoste Tobie slouch boot, $275.



Jess rooting for Ashlee

Jessica Simpson is excited to see sister Ashlee playing Roxie Hart in Chicago on Broadway. "I can't wait to watch @ashsimpsonwentz on broadway in all of her glory!!!" Jessica Twittered. "I get chillbumps from toes to noggin thinking about it!!! YAY!!!!!" USMAGAZINE.COM

Entertainment



Depp sexiest

People magazine has selected their new Sexiest Man Alive, and the honour goes to Johnny Depp. Depp is only the third man to earn the title twice, after Brad Pitt and George Clooney. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Mayer too sweet for Battle

John Mayer

Album: Battle Studies
Label: Columbia/Sony
Rating: ●●½



JOHN MAYER IS ONE of the rare real talents to come out of the last ten years of American pop music. And he's got some of the best players in the business backing him up with Steve Jordan on drums, Who sideman Pino Palladino on bass, ex-Faces legend Ian McLagan on keyboards and session wizard Waddy Wachtel adding acoustic guitar. So why does Mayer insist on pushing these oh-so-safe, warm-and-cuddly songs at us? Yes, the duet with Taylor Swift is nice. But he didn't have to serve up an entire album of niceness. Even when he tries to prove his guitar rock credentials on Robert Johnson's Crossroads, Mayer wimps out with an oddly smooth version of the blues classic. Mayer needs to find a balance between his self-absorbed live recordings and this overly sweet studio stuff.

Graham Rockingham/for Metro Canada

Norah Jones

Album: The Fall
Label: EMI
Rating: ●●●

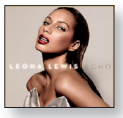


A "FALL" FROM GRACE? Certainly not as far as her fans are concerned. Norah Jones' fourth album continues on the rootsy down-tempo path of its predecessors, her sometimes sultry, sometimes charming voice a perfect companion to an evening by the fire place or a wine-fueled dinner. The "fall" in the album title is probably more a fall from innocence, with many of the self-penned tunes stinging with the melancholy of breakup. Jones does, however, show she's capable of being an outlaw rocker ala Steve Nicks on tracks like Young Blood and It's Gonna Be. Also worthy of note are two co-writes, one with Ryan Adams (Light as a Feather) and the other with Okkervil River's Will Sheff (Stuck).

Graham Rockingham/for Metro Canada

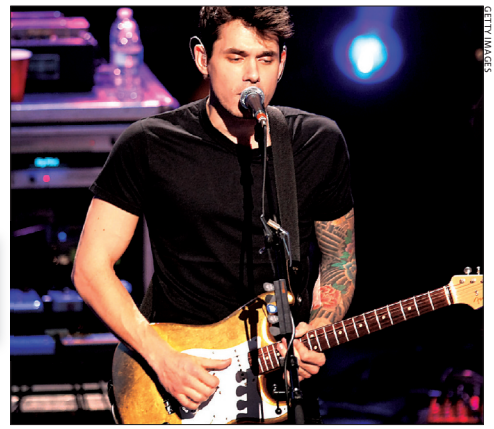
Leona Lewis

Album: Echo
Label: RCA/Sony
Rating: ●●½



AS FAR AS SINGING competition winners go, Leona Lewis' popularity is on par with Kelly Clarkson and Carrie Underwood. The X Factor champ's debut disc was a massive hit and her second record will sell a lot too. But while she has a stellar voice, her music is boring. She doesn't have Clarkson's rock edge, or Underwood's country charm — she's an R&B pop singer just like Maria Carey. Epic choruses and overwrought versus litter the record — a little more of her own personality would do this record good.

Bryan Borzykowski/for Metro Canada



GETTY IMAGES

John Mayer serves up some smooth rock in Battle Studies.

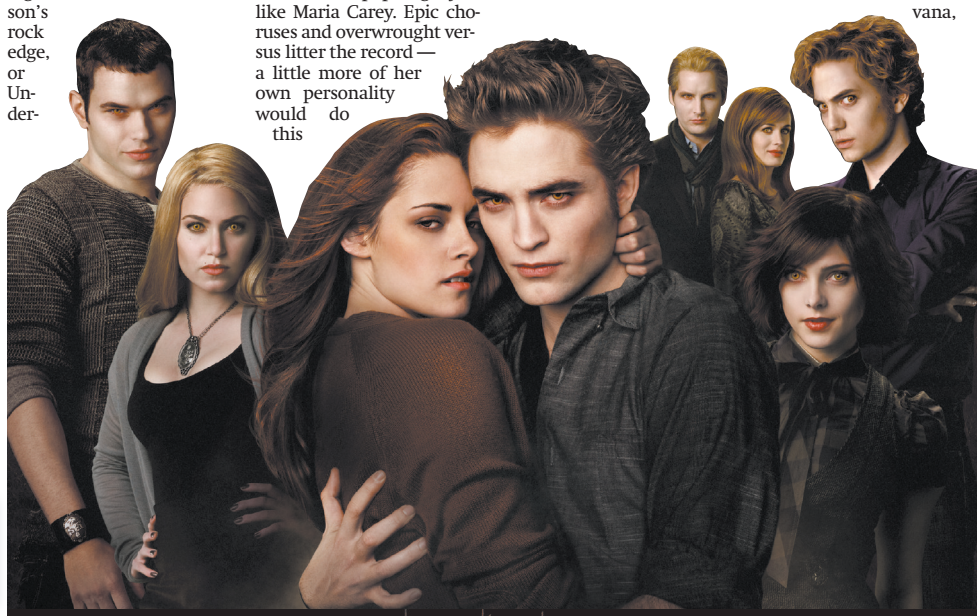
Them Crooked Vultures

Album: Them Crooked Vultures
Label: Universal
Rating: ●●●●



DAVID GROHL, JOSH HOMME and John Paul Jones must have been listening to a stack of old Cream records when they decided to put together their own supergroup. The comparisons between Cream and Them Crooked Vultures are too tantalizing to ignore. We've got three giants of their genres — Grohl, frontman of the Foo Fighters and and drummer of Nirvana, Homme, guitarist and singer for Queens of the Stone Age; and Jones, bassist and keyboard player for Led Zeppelin — coming together to form a power trio. Dreamy high-pitched vocals ala Jack Bruce, distorted guitar riffs ala Eric Clapton and crazed discordant drumming ala Ginger Baker. Tracks like Scumbag Blues, Bandolier and Elephant could easily have fit onto Disraeli Gears. Thank goodness, there's no 16-minute drum solos.

Graham Rockingham/for Metro Canada



AlbumReviews

music@metronews.ca

Kris Allen

Album: Kris Allen
Label: Jive/Sony
Rating: ●●½



IF YOU THOUGHT Kris Allen's record would be the first American Idol winner debut to be good, you're out of luck. The boy-next-door churns out a lot of nauseating faux-rock on his first disc. Like most Idol albums it's completely devoid of the singer's personality — listen to The Truth and you'll see what I mean. There are some rockers but there's too much Rob Thomas-like sap to make this work.

Bryan Borzykowski/for Metro Canada

Paul McCartney

Album: Good Evening New York
Label: Hear/Universal
Rating: ●●●



DOES THE WORLD really need more renditions of Beatles songs? That's up for debate, but it helps that the guy playing the band's hits is Paul McCartney. This is yet another live album from Macca that's filled with Beatles tunes, Wings tracks and solo material — everything from Drive My Car to lesser known songs. His voice is still top notch and the recording quality is fantastic. Worth a listen.

Bryan Borzykowski/for Metro Canada

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Charges dropped in Perez-Peas dispute

APOLOGY Black Eyed Peas manager Liborio Molina has written a half-hearted apology to gossip blogger Perez Hilton.

The apology is part of an agreement that led to an assault charge against Molina being dropped yesterday in court.

The charge came after Molina allegedly punched Hilton — whose real name is Mario Lavandeira — outside a Toronto nightclub after the MuchMusic Video Awards in June.

Molina's lawyer, Mark Sandler, read the written apology outside of the courthouse.

"It said: 'I apologize for what I did on June 22 of 2009, even though you engaged in highly offensive comments, including a homophobic slur to my clients, I acknowledge that these kinds of issues should not be resolved through a physical response,'" Sandler read.

Hilton's lawyers said they were unhappy with the choice of words in the apology, but it was ultimately accepted.

"Although accepting the fact that he shouldn't resort to violence, he attempted to say that there was a precipitating cause," Hilton's lawyer, Brian Greenspan, said afterwards.

"A sincere apology is a sincere apology."

As part of the peace bond agreement, Molina has also agreed not to contact Hilton except through his lawyer, can't carry any weapons for 12 months, can't come within 100 metres of Cobra NightClub, where the event allegedly occurred, and has donated $500 to Toronto's Red Door Family Shelter.

Molina allegedly punched Hilton following a heated argument between the blogger and Black Eyed Peas leader will.i.am at a party following the MMVAs.

THE CANADIAN PRESS



Charges were dropped yesterday against Black Eyed Peas manager Liborio Molina, who was accused of allegedly punching celebrity blogger Perez Hilton, shown, in June.



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Hudson to play Winnie Mandela in feature flick
Jennifer Hudson will play Winnie Mandela in Winnie, a movie about former South African president Nelson Mandela's powerful apartheid-busting but disgraced ex-wife that will begin filming May 30. PEOPLE.COM

A 'Noble' Fringe scientist

Dr. Walter Bishop follows in a long line of mad scientists. An unbalanced genius like Bishop going at it in his lab is a pop-culture staple. Or even, some would say, a cliche.

But in the able hands of John Noble, who stars on Fox's sci-fi thriller Fringe, Bishop comes to life. He is both comical and tragic, nutty as a fruitcake yet totally relatable. This is a living, breathing portrayal.

Bishop is a scientist of Einsteinian proportions who for decades was deemed insane and, until Fringe started last fall, institutionalized.

Then his long-estranged son, Peter (played by Joshua Jackson), reluctantly agreed to provide the supervision Dad required to re-enter society.

Rounding out the show's odd threesome is FBI Agent Olivia Dunham (Anna Torv).

She needed Bishop and his filial caretaker to help her track down perpetrators of "fringe science" (way-out stuff like mind control, teleportation, astral projection and genetic engineering) who threaten national security and, possibly, the human race.

This calls for Bishop to display his scientific know-how — while wrestling with his demons — in a self-styled jumble of a lab complete with his pet cow, all lodged in a basement at Harvard University.

"There's not any phase where I don't kind of understand where Walter is coming from."
Fringe star John Noble

For Bishop's character to work, you have to buy into everything he says, no matter how unhinged; feel for the guy, no matter how inappropriate his behaviour; care about him, even when he acts ridiculous.

Noble makes it work.

"I understand Walter," Noble explains. "I can understand his childish enthusiasm quite well. I understand his loneliness, and his attempts to re-establish contact with his son.

"There's not any phase where I don't kind of understand where Walter is coming from."

The Australian-born, 61-year-old Noble is a theatre veteran who for a decade was artistic director of the Stage Company of South Australia, which, during his tenure, produced 70 new plays by fellow Aussies. His extensive film work includes two of the Lord of the Rings fantasies, playing Denethor.

Now, he calls his Fringe role "a huge gift. It enables me to use a range of skills developed over so many years, and grow a character over a long period of time."

Just how long may be to doubt. In this, its sophomore season, Fringe has struggled for viewers.

This makes Bishop's added service as comic relief all the more welcome.

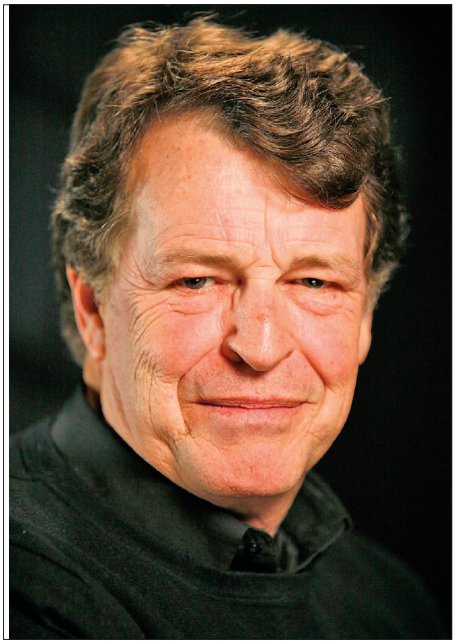
Elbow-deep into an autopsy, he might direct his lab assistant to fire up a Bunsen burner and start preparing some custard.

Then he giggles and, in his Brahmin-seasoned accent, says in wonderment, "It's funny: I love custard... but I hate flan!"

Meanwhile, it falls to Bishop to voice a lot of complex scientific exposition (plus loopy-sounding theories) to keep the story moving along.

A cinch, insists the actor. THE ASSOCIATED PRESS

Fringe is on Thursday nights



Fringe star John Noble plays mad scientist Dr. Walter Bishop on the hit sci-fi series.

Jones debuts new sound

TALIA SOGHOMONIAN
Metro World News

The 30-year-old singer from Brooklyn took the music world by storm back in 2002 with Come Away With Me. Her new album, The Fall, confirms her talent and desire to move on. Metro World News recently had the opportunity to catch up with the singer and ask her about her sound and the new album.

Q Your sound is distinctly yours, just a bit more experimental...

A It was just time. Sometimes you just feel like you have to do something different..

Q You worked with producer Jacquire King. What did he bring to the album?

A I had a lot of different ideas I wanted to try, but I didn't really know how to try them on my own. Once we talked, we just totally clicked and he really understood what I was talking about.

Q You mentioned having done a lot of demos. Did you get some old ideas and rework them?

A Yeah, I like doing that. Even if I have an old idea, even if I know it's maybe not my best song, I want to write and give it a life as best I can. I always like to pull out old stuff and try to revive it, give it CPR!

Q Is there anyone you'd like to work with?

A I love Tom Waits. I've gotten to sing with a lot of my idols and it's been really great, but sometimes you don't want to work with people you admire.

Q Are you afraid of being disappointed?

A I don't feel like I would really add much. Maybe I could play some piano, but I like his piano playing… I would love to work with somebody like Beck. I feel like he's somebody who is interesting and always trying new things.



Norah Jones

Entertainment in brief

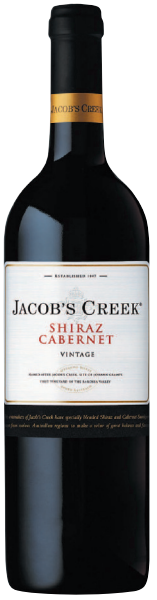
SWIFT RETURNS Fresh off her triumph at the Country Music Association Awards, Taylor Swift has netted a deal to create a line of greeting cards. American Greetings Corp. CEO Zev Weiss says Swift's abilities as a storyteller and songwriter make her a natural for writing cards that will appeal to all ages. The company said that cards, gift wrap, stationery, online greetings and other related products overseen by Swift will begin appearing in the spring. THE ASSOCIATED PRESS



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Michael Hall accused of attacking ex

Anthony Michael Hall has been ordered to stay away from his ex-girlfriend after he allegedly attacked her in her New York home. Diana Falzone filed papers against the actor last Tuesday. FEMALEFIRST.CO.UK



Stop motion staying alive

PHIL BROWN
for Metro Canada

In an age when animation is dominated by digital CGI (most notably the work of Pixar), one form of analog animation seems to be gaining momentum. Traditional hand-drawn animation is practically dead, but stop motion continues to thrive.

Over the next week, two stop-motion features are hitting screens: The independent claymation feature Mary And Max, as well as Wes Anderson's big budget Roald Dahl adaptation The Fantastic Mr. Fox. Something about this meticulous handmade animation continues to resonate with audiences even though it should be outdated.

"For audiences, stop motion has an inherent charm that simply cannot be replicated in drawn or CG animation," says professor Christopher Walsh.

Walsh should know, considering that he is one of the instructors in the renowned Animation Program at Sheridan College (the only institution in Canada with a comprehensive stop-animation program).



The claymation feature Mary and Max opens next week;

"Human hands make the whole world that appears on screen and that human connection, in an increasingly digitally polished age is reassuring to an audience," claims Walsh.

This audience connection is very real and as a result the production of stop-motion animated films is greater today than ever before. With this in mind, we would like to take a look back at some of the finest works of stop motion ever produced.

THE NIGHTMARE BEFORE CHRISTMAS

Director Henry Selick transformed the traditionally jerky stop-motion medium to a slick Hollywood production with stunning results. The first ever feature length stop-motion animated film made in Hollywood didn't take the box office by storm on initial release, but has gone on to become a contemporary classic that played a major role in the resurgence of the format.

WALLACE AND GROMIT

British animator Nick Park's clay man and dog duo have been subjects of four short movies and one feature that have won countless awards (including several Oscars). The characters are incredibly expressive in a manner rarely achieved in any form of animation, while still retaining a charmingly handmade quality.

m.metronews.ca

Scan this barcode to see more stills from the films mentioned here on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

critics'corner

Bones
Always a bit of a lone wolf, Booth (David Boreanaz) is forced to make some adjustments when his grandfather (guest star Ralph Waite, "The Waltons") comes to live with him and tags along as he and Brennan (Emily Deschanel) investigate human remains that were found by a real estate agent showing a property to prospective buyers. Michaela Conlin and TJ Thyne co-star in the new episode "The Foot in the Foreclosure." 9 PM on KAYU



Community
The gang nominates Jeff (Joel McHale) to talk some sense into Chang (Ken Jeong) when he assigns an absurd amount of homework, but an unlikely friendship between the two men results in Joel getting some unexpected perks. Meanwhile, Troy and Abed's (Donald Glover, Danny Pudi) biology lab subject goes missing. Chevy Chase co-stars in the new episode "Environmental Science." 9 PM on CKEM. KHQ

ED	C		B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/19/09	2	CFRN	239	318	The Vampire Diaries (N)		The Mentalist (HDTV) (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		CTV News
	3	KHQ	-	370	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Community (N)	Parks-Recreat	The Office (N)	30 Rock	Jay Leno Show
	4	CBXT	-	307	Wheel-Fortune	Jeopardy! (N)	Up Against the Wall (N)		The Border "Bride Price"		CBC News: The National		The Hour
	6	KREM	-	372	News	Hollywood	The Doctors (N)		Survivor: Samoa (N)		CSI: Crime Scene Invstgtn.		The Mentalist
	7	CKEM	241	347	Law & Order: SVU		The Jay Leno Show (N)		Community (N)	Parks-Recreat	30 Rock	30 Rock	Your City
	8	CITV	240	339	ET Canada	Entertainment	90210 (HDTV) (N)		Survivor: Samoa (N)		The Office (N)	The Office	News Hour
	11	OMNI	-	-	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Friends
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	FlashForward "Believe"		Grey's Anatomy (N)		Practice
	16	KAYU	-	373	The Office	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)		Fringe "August" (N)		News
	22	KSPS	-	374	NewsHour With Jim Lehrer		NW Profiles	Ribbon	Sherlock Holmes Mysteries		MI-5 "The Russian"		Soundstage
	24	WTVS	-	364	Ask This Old	Michigan	Sherlock Holmes		Red Green	Being Served	Tavis Smiley	Charlie Rose (N)	
news	15	CBCN	502	-	CBC News: The National		The Nature of Things		CBC News: The National		CBC News: The National		Nature-Things
	21	TWN	505	398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500	500	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	54	CTVN	501	391	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	70	BNN	504	508	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
sports	20	TSN	400	400	NHL Hockey	NHL Hockey Chicago Blackhawks at Calgary Flames. (HDTV) (Live)					SportsCentre	Golf Kiwi Challenge -- Day 2.	
	23	net	408	418	(6) NFL Football Teams TBA.					Sportsnet Con.	Sportsnet Connected		Hockey
	47	SPEED	417	406	Jacked!	Jacked!	Wrecked	Wrecked	Pass Time	Pass Time	Pinks -- All Out (HDTV)		Jacked!
	94	SCORE	410	403	College Football Colorado at Oklahoma State.			NBA Basketball Chicago Bulls at Los Angeles Lakers. (Live)					Score Now
family	9	EDACC	267	351	Alberta Primetime (Live)		(8:01) Private Practice		FlashForward "Believe"		Fringe "August" (N)		Primetime
	14	YTV	552	543	iCarly	iCarly	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz "d"
	17	TREE	553	546	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	42	TOON	555	545	Jimmy Two	Johnny Test	Stoked	Total Drama	Total Drama	6TEEN (N)	Futurama	King of the Hill	*Galaxy Quest*
	45	FAM	557	541	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
cable variety	-	TVA	121	714	TVA nouvelles	Le Cercle (SC)	La Fièvre de la danse (SC)		Dieu Merci (HDTV) (N) (SC)		Le Gentleman (N) (SC)		TVA nouvelles
	18	CMT	575	583	According-Jim	According-Jim	Home Improve.	Home Improve.	Unstable	Unstable	Reba	Reba	According-Jim
	25	A&E	615	520	The First 48 (HDTV)		The First 48 (HDTV)		Crime 360 Serial robber.		(10:01) The First 48		The First 48
	26	MMM	571	581	Johnny Cash: Man in Black		Entourage	Wild 'n Out	mmtop10.ca		Johnny Cash: Man in Black		Entourage
	29	FOOD	603	561	Heston's Feasts (N)		Ace of Cakes	Ace of Cakes	Family	Family	Unwrapped	Unwrapped	Heston Feast
	31	SHOW	617	522	Trailer Park	Trailer Park	The Outer Limits		Da Vinci's City Hall		Foundatn	Paradise Falls	Saving Grace
	32	DISC	520	505	Life "Fish" (N)		MythBusters		Daily Planet		Life "Mammals"		Life
	33	SLICE	601	562	X-Weighted		X-Weighted "Amy"		ET Canada	What Happen?	The Biggest Loser		Find-Husband
	34	W	602	567	House-Sell	Confidential	Old Christine	Friends	Friends	Grocery Bag	Confidential	Confidential	Divine Design
	35	TLC	521	560	American Chopper (N)		Family Armor (HDTV) (N)		American Chopper		Family Armor (HDTV)		Street
	36	BRAVO	620	523	*Whole New Thing* ★★ (2005, Comedy-Drama)				Law & Order		Without a Trace		*Mi Vida Loca*
	38	SPIKE	628	584	TNA Wrestling (HDTV) (N)				Super Dave	MANswers	MANswers	MANswers	Stripperella
	39	AMC	-	-	(6) *The Green Mile* ★★★ (1999, Drama) Tom Hanks, David Morse.						*Outbreak* ★★ (1995, Suspense)		
	40	HIST	522	506	Underworld Histories		Life After People		When Disaster Strikes		M*A*S*H	M*A*S*H	Discoveries
	41	COM	626	547	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box
	43	SPACE	627	528	Primeval		Eureka (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	44	WPCH	294	650	Law & Order: SVU		*Just Friends* ★★ (2005, Romance-Comedy), Amy Smart				The Office	*Just Friends* ★★ (2005)	
	46	OLN	411	457	Survivorman		Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters
	48	TROP	619	525	Bob & Doug	Bob & Doug	Seinfeld	Seinfeld	The Outer Limits		ET Canada	TV Made, Do It	Family Guy
	50	STAR	621	527	The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ	etalk	Hollywood	Extra	Dr. Oz Show
	52	HGTV	600	564	Renovation	Disaster DIY	House Hunters	House Hunters	Holmes Inspection		Renovation	Disaster DIY	Holmes-Homes
	65	TLN	700	800	La Professoressa		George Lopez	George Lopez	Lopez Tonight		Raymond	Raymond	Paid Program
	92	APTN	269	350	Wapos Bay	By the Rapids	Over the Bolts	Moose TV	*The Gods Must Be Crazy II* ★★★ (1990, Comedy) N!xau.				Fish Out of
	93	VISION	261	394	*Left Behind* ★ (2000, Suspense) Kirk Cameron, Brad Johnson.				I Prophesy	Recreat. Eden	*The Big Heat* ★★ (1953, Crime Drama)		
	100	MTV	581	566	Real World-Road Rules		Twilight: Moon	News Special	MTV Live	Sex, News-Roll	Peak Season	After	Twilight: Moon
	101	MM	570	580	You Can Dance		Love Court	Instant Star	My Date With...	MuchNew	One Tree Hill		The Shift
	102	CPAC	512	396	(6:30) Primetime Politics			Revue	Question Period		Prime.-Politics	Primetime Politics	
	103	VIVA	526	507	The Closer "Blue Blood"		Cold Case		Psychic Inv.	Encounters	Judging Amy		Missing
	106	RDI	126	730	Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal (SC)		24 Heures en 60 minutes		Le Téléjournal
	161	SUPER			*Finding Amanda* ★★ (2008, Comedy-Drama)		(8:45) *The Jazzman* (2009, Drama) Corey Sevier.					*The Grand* ★★ (2008)	

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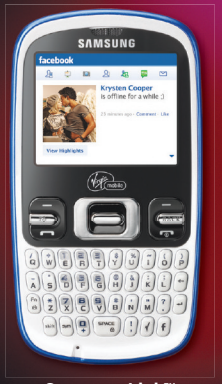
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The finer points of scotch

How do you like your scotch? On Tuesday, Vines of Riverbend hosts the proprietor of Glenfarclas Distillery for a sampling of six whiskeys. Starting at 7 p.m. Tickets are $49.95. Call 780-434-9444 to reserve your spot. METRO EDMONTON

Urban Foodie

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CHRISTOPHER THRALL
EdmontonUrbanFoodie@gmail.com

Murrieta's Bar & Grill
10612 Whyte Ave.
780-438-4100
murrietas.ca

Rating: ●●●●●
Dinner & drinks for 2: $100

In my six years of restaurant reviewing, there are a few places that have repeatedly drawn me back. For a special occasion, the West Coast-inspired cuisine of Murrieta's Bar & Grill is always guaranteed to please.

Its impeccable service and delightful Pacific Rim wine list are just overkill.

On this visit, I started with an herb-crusted fried Brie ($13.39).

A crisp exterior hid its gooey molten interior as I attacked it with my crostini. A sip of my tart, tannic Punto Final Malbec ($8.12) perfectly balanced the weight of the cheese.

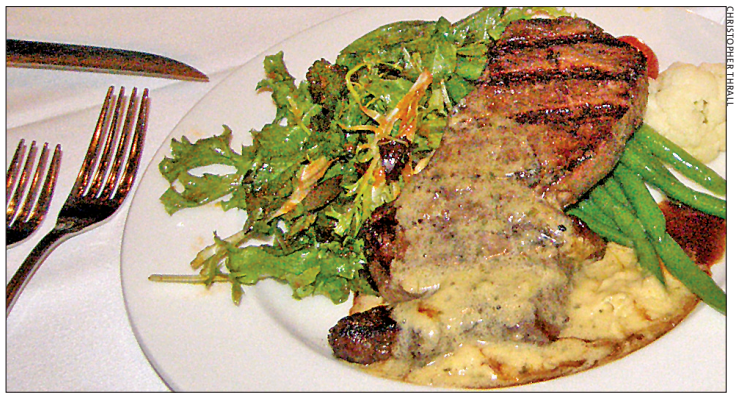
My 12 oz ribeye ($29.78) arrived under a luscious roasted garlic Béarnaise sauce.

I savoured each sliver of the tender cut, and alternated with bites of my mixed greens salad and crisp sautéed vegetables.

Whether a glutton for punishment or simply a glutton, I decided to forge ahead with the macadamia nut and peanut butter mud pie ($9.13) under a warm rum caramel sauce, which was exactly as sinfully sweet as it sounded.

On the web

- Get recipes and more great food content at metronews.ca/recipes



CHRISTOPHER R. THRALL

Steak Frites ($23)

My only issue with Murrieta's is the main dining room: its vaulted ceilings seem to collect and amplify the din of conversation.

It is perfect for a boisterous meal with friends or a business round of drinks, but if you want a quiet space for a romantic tête-à-tête, ask to sit in the bar area.

Global Peasant blog

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for her newest Green Split Pea Soup recipe



Dining out

DINNER AND A MOVIE
On Sunday and Monday nights, visit the Elephant & Castle in Edmonton Centre. For just $18.99, enjoy a classic English pub dinner and receive an Empire Pass to see the latest flick at the theatre that can be found just outside the restaurant's doors. I don't know about you, but a roast beef-stuffed Yorkshire pudding with rich gravy and a pint sounds like perfect dinner-and-a-movie date fare.

FIGHTING TO FIND A BETTER PLACE TO PARTY Free beef on a bun, drink specials and wings for $2.98 a pound plus a second Tito Ortiz and Forrest Griffin match-up in a pay-per-view UFC fight. If this sounds like paradise, call 780-436-1950 and prepare to pay your $10 cover when you show up at the Gateway Sawmill location at 7 p.m. on Saturday

METRO EDMONTON

In brief

HELPING HANDS Next week features the return of Stuff a Bus for Edmonton's Food Bank. They need cash and 30,000 kg of non-perishable food items. An ETS bus will be at Save-On-Foods stores on weekdays from 7 a.m. to 8 p.m. Check out Edmonton.ca for more information.

METRO EDMONTON



Chianti Café & Restaurant

"Great Italian Restaurant Reasonably Priced"

Located in the historic "Old Post Office" building in Old Strathcona, Chianti has been offering Edmontonians great Italian fare since 1987. Casual, bustling, Italian, we're a 'from scratch' restaurant with all our dishes made to order.

Open daily from 11 AM right through the day until 11 PM. Join us Monday and Tuesdays for "Pasta Frenzy" when all our pasta creations (almost 40 items) are specially priced at $7.99.

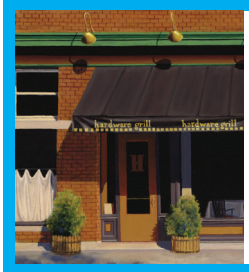
With Christmas right around the corner, Chianti has gift certificates available in any denomination.

10501-82 Avenue, 'Old Strathcona'
780.439.9829 | chainticafe.ca

Enter to win $50 to Chianti Café & Restaurant
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E! ENTERTAINMENT

Underwood to remain a hometown gal for now

Things are going well for Carrie Underwood and hockey boyfriend Mike Fisher — but not well enough for the two to shack up, people.com reports. "No, call me old-fashioned. He's there. I'm here," the country star said. METRO NEWS SERVICES



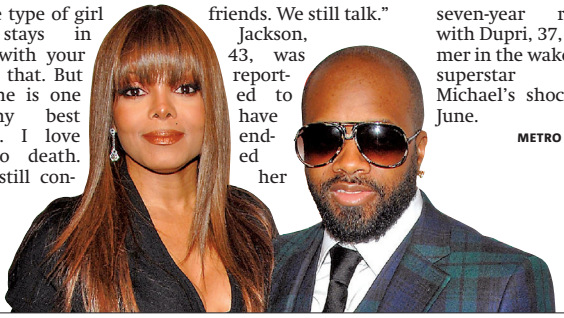
Celebrity Buzz

Janet confirms rumoured split

THAT'S THE WAY LOVE GOES Janet Jackson has confirmed she has split from boyfriend Jermaine Dupri, femalefirst.co.uk reports.

The singer — who was first rumoured to have separated from the music executive in July — admitted she didn't keep in touch with any of her ex-lovers apart from Dupri during a U.S. radio interview.

Speaking on Atlanta's Bert Show, Janet said: "I'm not the type of girl that stays in touch with your ex like that. But Jermaine is one of my best friends. I love him to death. We're still connected. We're still good friends. We still talk."



Jackson, 43, was reported to have ended her seven-year relationship with Dupri, 37, in the summer in the wake of her pop superstar brother Michael's shock death in June.

METRO NEWS SERVICES

I'm no Twilight fan, says Cyrus

UNLESS SHE GETS OFFERED A ROLE, PERHAPS? There's at least one teenager not going nuts over New Moon, and it's Miley Cyrus. The Hannah Montana star says she has no interest in the Twilight series.

METRO NEWS SERVICES



Celebrity tweets

Diablo Cody is tough to live next to sometimes, Harry Potter star Tom Felton is easily disappointed, and Dita Von Teese gets her jollies any way she can.

• @diablocody If you're my neighbor, I'm sorry if a giant dead rat just flew into your yard at about 80 mph. Don't ask. I'm sorry we panicked.

• @TomFelton i hate when u make a cup of tea and then u forget to drink it whilst its hot & then u have a gross cold tea left that isn't drinkable!

• @DitaVonTeese Blocking people on Twitter ALMOST satisfies my desire to have appeared as a guest judge on The Gong Show.

METRO WORLD NEWS



O'Neal 'not upset' by Fawcett's will

TOUGH LOVE STORY It doesn't bother Ryan O'Neal that Farrah Fawcett failed to name him one of the beneficiaries of her will. "Farrah's and my relationship was based on a deep love and respect for one another and for our son Redmond," the actor said.

METRO NEWS SERVICES



Locklear a diva on set?

ART IMITATING LIFE Since joining the cast of the new Melrose Place, original series star Heather Locklear hasn't been making life easy for her co-workers, according to the National Enquirer. "Heather's creating a lot of drama with her diva antics. It's making our lives miserable," a source says, adding that as a late addition to the show, Locklear feels pressure to improve the show's floundering ratings. "She's insecure and on edge. The responsibility is weighing heavily on her."

METRO NEWS SERVICES



J.Lo ex claims safety fears

DON'T MESS WITH LA LOPEZ Ojani Noa claims he's been living in fear ever since he attempted to sell a book and intimate home videos of him and ex-wife Jennifer Lopez.

"She's having him followed," his manager says. We just ran the license plate of the car, and it goes directly back to Jennifer Lopez. Ojani's scared." Noa's lawyer adds, "We have some concerns right now about the personal safety of Ojani. We believe he's under surveillance by someone. He's had death threats."

METRO NEWS SERVICES





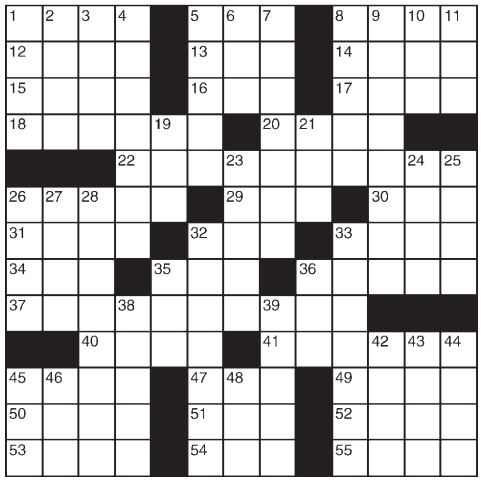
BT BREAKFAST TELEVISION



Today Morning clouds. 4 C / -4 C
Friday Mostly sunny. 5 C / -4 C
Saturday Light snow. 1 C / -5 C

Michele McDougall, Weather Specialist & Host — Breakfast Television
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS AT 6 A.M.

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7	2	8					
3				5				8
				7				6
4		7			1		3	
5	3						8	1
	9		4			5		2
2				6				
1				9				4
					4	3	6	

ACROSS

1 Church service
5 Life story, for short
8 Money
12 Norway's capital
13 Bobby of hockey
14 Out of the storm
15 Authentic
16 "My Gal —"
17 Charged bits
18 Tribe known for their rugs
20 Swiss river
22 Visiting casually
26 Happy companion?
29 Praise in verse
30 Historic time
31 "Sad to say, ..."
32 Pair
33 Advanced math
34 Zero
35 "Eureka!"
36 Alan Ladd classic
37 Failing
40 Werewolf's inspiration
41 Extremely tiny
45 God, in Guadalajara
47 Unsettling noise
49 Sneaky trick
50 Top-notch
51 List-ending abbr.
52 Summertime desserts
53 Purchases
54 Shad product
55 Immediately following

DOWN

1 Sunup time
2 Cruising
3 Czech, Serb or Pole
4 Comforts
5 — buddy
6 George's brother
7 Florida tourist mecca
8 Egypt's capital
9 Skin cream ingredient
10 Congress addr.
11 "— a real nowhere man, ..."
19 Behar of The View
21 Time of your life?
23 Davenport dweller
24 Sportscaster Andrews
25 Anger
26 "Phooey!"
27 A little of everything
28 Certain breakup payment
32 Roaring sound
33 Add
35 Past
36 Prepared
38 Face parts
39 Take to the floor
42 Cinderella's horses, really
43 Holm oak
44 "— Si Bon"
45 Slight amount
46 Debtor's letters
48 "Who am — judge?"

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	9	4	7	3	1	5	6	8
5	7	3	2	8	6	1	9	4
8	6	1	9	4	5	2	3	7
9	3	5	8	6	2	4	7	1
6	2	8	1	7	4	3	5	9
4	1	7	3	5	9	8	2	6
1	8	2	6	9	3	7	4	5
7	4	6	5	2	8	9	1	3
3	5	9	4	1	7	6	8	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



ALICIA McAULEY

Chicken Parmesan

Submitted by Samantha Denham, Toronto

INGREDIENTS:
4 chicken breasts
3/4 cup flour
3/4 cup breadcrumbs, with handful of grated Parmesan cheese mixed in
2 eggs beaten, add 1 tbsp water
1 cup grated cheese (mix of half mozzarella, half Parmesan)
2 tbsp olive oil
1 cup marinara sauce
1/2 package spaghettini

METHOD:
1. Pound chicken breasts flat with a mallet. Coat with flour, then dip in egg mixture, then coat with breadcrumbs, pressing the breadcrumbs into the chicken.
2. Boil water and cook pasta.
3. In an ovenproof pan, heat olive oil. Over high heat, cook chicken on each side for 2 minutes until golden. When all four are done, keep chicken in pan and cover generously with cheese mixture. Then pour the marinara sauce over chicken.
4. Bake for 15 min at 350 F, until cheese is bubbly.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If your instincts tell you one thing today but everyone else tells you something different, then you must trust your instincts.

TAURUS ♉
APRIL 21-MAY 21
Cosmic activity in your chart means you'll sense when something is about to happen well before anyone else. That gives you an advantage. Use it.

GEMINI ♊
MAY 22-JUNE 21
Your task today is to become an equal partner with the planets in shaping your destiny. Go with the flow but make the flow work for you.

CANCER ♋
JUNE 22-JULY 22
You may daydream about having no family or financial worries, but why imagine it when, with a bit of effort, you could make it happen for real?

LEO ♌
JULY 23-AUG 23
You know what needs to be done and you know if you don't make a start soon the chance to change your life for the better could pass you by.

VIRGO ♍
AUG 24-SEPT 22
The influence of Mars in one of the more outgoing areas of the sky is helpful for taking risks, but only if they are of the calculated variety.

LIBRA ♎
SEPT 23-OCT 23
You may have serious things to do today but you can still have fun while you are doing them. In the next 24 hours, find ways to get the best of both worlds.

SCORPIO ♏
OCT 24-NOV 22
You may not be the type to wear your heart on your sleeve but you need to be more open emotionally and today's Venus-Mars link will help.

SAGITTARIUS ♐
NOV 23-DEC 21
The cosmic trend dominating your life at the moment is so positive that you have nothing to worry about, but for some reason you still fear the worst.

CAPRICORN ♑
DEC 22-JAN 20
Cosmic activity may make you feel that if you don't do something now the chance will pass you by. It won't — it will be there tomorrow just like today.

AQUARIUS ♒
JAN 21-FEB 18
You'll find it easier to be assertive today, but don't be assertive just for the sake of it. Work with people who share your aims and ambitions.

PISCES ♓
FEB 19-MARCH 20
Someone you work with or do business with will make the proverbial offer you cannot refuse today. Don't hesitate — say "Yes" immediately.

This day in history

1493: Christopher Columbus goes ashore on an island he first saw the day before. He names it San Juan Bautista (later renamed Puerto Rico).
1969: Apollo 12 astronauts Pete Conrad and Alan Bean land at Oceanus Procellarum(the Ocean of Storms) and become the third and fourth humans to walk on the Moon.
1969: Soccer player Pelé scores his 1,000th goal.
1990: Pop group Milli Vanilli are stripped of their Grammy Award because the duo did not sing at all on the Girl You Know It's True album. Session musicians had provided all the vocals.

METRO NEWS SERVICES

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Take Five

Lamb Lollipops

INGREDIENTS:
1 rack of lamb (8 chops)
Lamb caul fat or prosciutto
250 ml (1 cup) baby arugula
75 ml (5 tbsp) extra-virgin olive oil
4 cloves garlic
90 g (3 oz) toasted pine nuts
Juice and zest of 1/2 lemon
Salt and pepper, to taste

METHOD:
1) In a food processor, place arugula, olive oil, garlic, pine nuts, lemon juice and zest and process until smooth.
2) Cut rack of lamb into chops and wrap bones in foil to prevent browning.
3) Place 5 ml (1 tsp) of the pesto on piece of spread-out caul fat or prosciutto.
4) Season each chop with salt and pepper, place on pesto and wrap caul fat or prosciutto around chop.
5) Place on a baking sheet and roast at 230 C (450 F) for 3 to 5 minutes or until fat is tight around chop.

MAKES 8 CHOPS AND 250 ML (1 CUP) PESTO

Metro Recipes of the Day


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Lamb lollipop, left, with arugula and pine nut pesto and Phyllo, right, wrapped brie with carmelized shallots.

Phyllo-Wrapped Baked Brie

INGREDIENTS:
1 shallot, finely minced
125 ml (1/2 cup) red pepper jelly, divided
3 sheets phyllo dough
125 ml (1/2 cup) melted unsalted (clarified) butter
125 ml (1/2 cup) sliced almonds sliced
1 small wheel of brie or Camembert

METHOD:
1) Preheat oven to 190 C (375 F).
2) In a saute pan, sweat shallot until it starts to caramelize, keeping temperature low.
3) Lay out one sheet of phyllo on a work surface; brush evenly with butter. Lay a second sheet on top and repeat until you have three layers.
4) Place cooled shallot mixture in the middle of the phyllo sheets. Place brie on top of shallot mixture. Wrap sides and bottom and flip over.
5) Bake for 15 to 20 minutes until golden brown. Let cool for 15 minutes before slicing. Garnish with remaining jelly.

MAKES 8 SERVINGS

Cranberry Duck Scones

SCONE INGREDIENTS:
375 ml (1 1/2 cups) all-purpose flour (approx)
30 ml (2 tbsp) sugar
6 ml (1 1/4 tsp) baking powder
1 ml (1/4 tsp) baking soda
2 ml (1/2 tsp) salt
125 ml (1/2 cup) cold unsalted butter
125 ml (1/2 cup) dried cranberries, chopped
125 ml (1/2 cup) buttermilk (approx)

METHOD:
1) In a large bowl, sift together flour, salt, sugar, baking soda and baking powder.
2) Cut in butter. Add buttermilk and mix until just combined.
3) Turn out dough onto a floured work surface and knead dough until it comes together, then roll out to about 5 mm (1/4 inch) thick.
4) Cut out small rounds of dough about 2.5 cm (1 inch) in diameter and place on a cookie sheet.
5) bake at 190 C (375 F) until golden brown and risen.

DUCK INGREDIENTS:
Duck must be prepared several days ahead
5 duck breasts
125 ml (1/2 cup) salt
5 thyme sprigs
Zest of 2 oranges
Small jar fig jam
125 ml (1/2 cup) sprouts or greens
250 g (1/2 lb) gorgonzola

METHOD:
1) Trim off any visible silver skin. Dust with salt and lay thyme sprigs and orange zest on flesh side. Sandwich breasts between two trays and press with weights for 1 day.
2) Rinse and dry breasts and place in refrigerator for 2 to 3 days until dried. To serve, slice breast very thinly across the grain.
3) To assemble, slice scones in half and place on a baking sheet. Place fig jam on bottom layers, place small sprouts or greens on jam and top with a slice of duck. Place a slice of gorgonzola on top and melt in 180 C (350 F) oven (watch carefully so it doesn't scorch).
Place tops on scones and serve warm.

MAKES 12 SCONES

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